



## KALYMNOS PASTRIES

*experience the tradition*

**REVITHIA TOU FOURNO** -Traditional oven baked chickpeas with caramelized onions

### INGREDIENTS

1kg dried chickpeas  
1kg onion finely sliced  
1 large cup olive oil  
1 370gm tin diced tomatoes  
350mls of tomato puree  
salt and pepper to taste(do not add salt until the final stages)  
6 sprigs rosemary

### METHOD

#### DAY BEFORE

**Place** chickpeas in large bowl of water and soak for 12 – 24hours (keep in refrigerator)

(chickpeas absorb a lot of water, be sure to be generous with your water level)

**Strain** soaked chickpeas in colander and rinse under tap.

**Place** strained chickpeas in a saucepan with fresh water. (fill water level until it just covers chickpeas)

**Bring** to the boil and simmer for 30 minutes (skimming the foam from the top) (Chickpeas should now be soft).

**Add** diced and pureed tomatoes to saucepan and stir through over medium heat.

**Take** chickpea and tomato mix off of cooktop once it comes to a boil.

**In** a separate frying pan, heat the oil, add onions and cook while stirring until lightly browned and caramelized.

**Season** chickpea mix with Salt and pepper (to taste)

**Pour** chickpea mix into baking dish and place rosemary sprigs evenly in amongst the baking dish.

**Distribute** the caramelised onions on top of the chickpeas.

**Foil** tray and place in a preheated 180C oven for half an hour.

**Remove** foil off and place back in the oven for a further 30 minutes.

This will allow onions to crisp up a little and finish off beautifully.

**Remove** tray from oven, rest for 10 minutes while preparing a salad and its show time.

Enjoy with those you love.