

SOUPS

Ribollita

Cavolo nero is essential for an authentic ribollita. Robust greens such as Swiss chard, the dark green outer leaves of Savoy cabbage, kale, broccoli or rape may be substituted.

Serves 10

- 250 g (9 oz) cannellini or borlotti beans, cooked (see page 170)
- 1 large bunch flat-leaf parsley, chopped
- 4 garlic cloves, peeled and chopped
- 2 whole heads celery, chopped
- 450 g (1 lb) carrots, peeled and chopped
- 4 medium red onions, peeled and chopped
- 4 tablespoons olive oil
- 1 x 800 g (1.3/4 lb) tin peeled plum tomatoes, drained of their juices
- 2 kg (4.1/2 lb) cavolo nero, stalks removed, leaves coarsely chopped
- 2 loaves stale ciabatta bread, crusts removed, sliced or torn
- sea salt and freshly ground black pepper
- extra virgin olive oil

In a large saucepan fry the parsley leaves, garlic, celery, carrot and onion in the oil for about 30 minutes until the flavours combine. Add the tomatoes and continue to cook on a gentle heat for a further 30 minutes, then add the cavolo nero and half the cannellini beans with enough of their liquid to cover. Simmer for 30 minutes.

In a food processor, purée the remaining beans and return to the soup with just enough boiling water to make the soup liquid. Add the bread, a generous amount of extra virgin olive oil, and season with salt and pepper. As exact amounts are not possible, you must balance the amount of liquid to bread so that the soup is very thick.



