



sharing our Greek culinary heritage

KO's Revithosoupa (Chickpea Soup)

You will need...

- 400g dried chickpeas
- 1½ litres of water for soaking
- 1 teaspoon bicarbonate of soda
- 2 brown onions, finely chopped
- 4-5 medium ripe tomatoes, pureed
- ½ cup extra virgin olive oil
- 1 tablespoon salt
- 2 litres of water for cooking

How to...

Make the Revithosoupa

- Sort through the chickpeas and discard any stones, chaff or distinctly discoloured chickpeas
- Add the chickpeas, 1½ litres of water and bicarbonate of soda to a bowl and mix thoroughly
- Soak the chickpeas overnight or for at least 8 - 10 hours
- Place the chickpeas in a colander and rinse them thoroughly to remove all of the bicarbonate of soda
- Add the chickpeas to a large (6 litre) pot
- Add the chopped onions, pureed tomatoes, olive oil, salt and 2 litres of water
- Bring the pot to a rolling boil and then reduce it to a gentle boil
- Place a vented lid on the pot and continue to gently boil for at least 1 hour or until the chickpeas have cooked through
- Check and stir the soup every 15-20 minutes
- Make sure the chickpeas are covered by the stock; add more water if the stock level reduces too much and the chickpeas have yet to cook through
- Allow the soup to rest for a few hours (or more) before serving

Serve the Revithosoupa

- Serve the soup warm or hot with crusty bread and enjoy!

Key Success Points

- Different chickpeas soften at different rates. Once the chickpeas have soaked, they may need more or less time to cook through. I have been using organic chickpeas to make this soup and I boil them for 1½ hours or more and they are still quite firm when they are cooked – they don't seem to break apart or disintegrate, no matter how long I cook them. Just like pasta, the chickpeas should have a bit of body when you eat them – a small amount of resistance 'to the tooth – al dente' when you eat them – not hard and not mushy either.
- The riper the tomatoes, the deeper the colour of the soup and the richer the flavour. Tomatoes should never, ever be refrigerated. Buy the best quality tomatoes you can afford or grow your own in summer. Firm, red tomatoes can be used for salads or fresh salsas. When the tomatoes begin to ripen further and soften, remove their stalks, puree them – skin, seeds and all – and use them for sauces and soups!
- Like all soups, the longer you leave them to rest after the ingredients have cooked through, the better the flavours will come together.

Recipe Variation

- This recipe can be made without tomatoes and made more as a thick chickpea stew. You just need to reduce most of the liquids during the cooking process and allow the dish to rest (the longer the better). Before serving the chickpea stew, reheat it if you wish and then finish the dish with a generous drizzle of extra virgin olive oil, some ground pepper and freshly squeezed lemon juice.