



Healthy Grains
Culinary Class with Chef Lisa Fidler
April 2, 2014

Farro Risotto

1 cup farro
5 cups Vegetable stock
1 tablespoon unsalted butter
1 tablespoon olive oil
Kosher salt
1/2 small onion, finely chopped
1/2 cup dry white wine
1/4 cup grated Parmesan, plus more to taste
Freshly ground black pepper

Soak the farro in cold water to cover for 20 to 30 minutes. Drain and combine with the chicken stock in a medium, heavy saucepan. Bring to a boil over high heat, then cover and reduce the heat so the farro is bubbling gently; cook until just tender, 15 to 20 minutes. Drain the farro over a bowl so that you can reserve what's left of the cooking liquid, and set both aside in a warm place.

Rinse the saucepan and add the butter and olive oil, setting it over medium heat. When the butter has melted, add the onion and a generously pinch of salt, and cook gently until the onion is translucent, about 5 minutes. Pour in the wine, turn up the heat a little, and simmer until the wine is reduced by about two-thirds, another 5 minutes or so. Add the farro and cook for a couple of minutes, stirring occasionally, until heated through. Fold in the Parmesan, adding enough of the reserved chicken stock to get a slightly creamy consistency. Fold in more Parmesan and/or salt if necessary, and several grinds of black pepper. Serve immediately, or cover and reheat gently before serving, adding more liquid as necessary.

Health Benefits of Farro

Fiber Fix

A cup of faro has about 8 grams of cholesterol-lowering fiber. That's four times as much as white rice; brown rice weighs in at around 5 grams.

Chill Pill

Whole grains like faro are full of minerals, including magnesium, which may relieve tension and menstrual cramps.

Smart Carb

Farro's complex carbs break down slowly, keeping your energy level stable. The grain also has cyanogenic glucosides, a type of carb that may boost the immune system.