

MUSHROOM SAGE FARRO RISOTTO

An earthy, healthful dish made with savory mushrooms & fragrant sage



SERVES 4

INGREDIENTS

Cups Dried Farro
4 Cups Vegetable Stock
2 Cups Dried Mushrooms
2 Large Shallots (or 4 Small Shallots), Chopped
2-3 Garlic Cloves, Minced
2 Tsp Dried Sage
6 oz Pecorino Romano or Aged Parmesano
Reggiano
1 Lemon
Salt & Pepper
1/2 Tbsp Olive Oil
1/2 Tbsp Butter
1/2 Cup Red or White Wine

INSTRUCTIONS

Add mushrooms into 4 cups of water and let them sit to rehydrate.

In a fine meshed colander, rinse the farro in order to remove any dust or excess starch. Transfer the farro to a pot along with the stock and place it over high heat. Bring it to a boil, then cover and reduce the heat to low and let the farro simmer for 20 minutes (set a timer!) until it is chewy but not entirely cooked. There should be extra liquid in the pot.

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INSTRUCTIONS CONT.

Over medium heat, add the butter and oil to a large nonstick pan or saucepot and add your shallots. Let them soften with a pinch of salt while you prepare the mushrooms. Separate the mushrooms from the liquid. (Don't throw out the mushroom water!) Rinse the grit off the mushrooms and squeeze out excess water. Chop mushrooms and add to the pan with the shallots

Then transfer the mushroom water to a second pot and heat on medium high. When it comes to a boil, add 1 bouillon cube until dissolved and lower heat to a simmer.

Next, mince your garlic and add to the pan with the shallots and mushrooms. After 5 minutes, deglaze your pan with wine (if using).

When the farro has simmered for 20 minutes, gently transfer the farro and the remaining liquid into the pan with the vegetables. Cook the farro for 15 minutes more, over medium-low heat, stirring every few minutes, until the farro has released some of its starch and becomes slightly creamy. If the pan looks dry, add a bit more stock and keep stirring.

Add the cheese, lemon juice, and sage to the pan and stir to combine. Adjust the salt and pepper to taste and serve.