



WARM FARRO WITH MUSHROOMS AND THYME

## Pair earthy, hearty mushrooms with equally hearty farro

**W**e wanted to pair earthy, hearty mushrooms with equally hearty farro. To start, we used the pasta method (an abundance of water) to boil our farro, which ensured the grains cooked evenly and required only half an hour. We then moved on to the mushrooms, sauteing them with shallot and thyme until the moisture evaporated and the mushrooms achieved some browning.

Scraping up the browned bits in the pan with sherry rounded things out with sweetness and acidity before we added the farro. We prefer the flavor and texture of whole farro; pearled farro can be used, but the texture may be softer. Do not use quick-cooking

or pre-steamed farro (read the ingredient list on the package to determine this) in this recipe. The cooking time for farro can vary greatly among different brands, so we recommend beginning to check for doneness after 10 minutes.

### WARM FARRO WITH MUSHROOMS AND THYME

#### Ingredients

#### Servings: 6

Start to finish: 1 hour  
 1 1/2 cups whole farro  
 Salt and pepper  
 3 tablespoons extra-virgin olive oil  
 12 ounces cremini mushrooms, trimmed and

chopped coarse

1 shallot, minced  
 1 1/2 teaspoons minced fresh thyme or 1/2 teaspoon dried  
 3 tablespoons dry sherry  
 3 tablespoons minced fresh parsley  
 1 1/2 teaspoons sherry vinegar, plus extra for seasoning

#### Preparation

Bring 4 quarts water to boil in large pot. Add farro and 1 teaspoon salt and cook until grains are tender with slight chew, 15 to 30 minutes. Drain farro, return to now-empty pot, and cover to keep warm. Heat 2 tablespoons oil in 12 inch skillet over medium heat until

shimmering. Add mushrooms, shallot, thyme, and 1/4 teaspoon salt and cook, stirring occasionally, until moisture has evaporated and vegetables start to brown, 8 to 10 minutes. Stir in sherry, scraping up any browned bits, and cook until skillet is almost dry. Add farro and remaining 1 tablespoon oil and cook until heated through, about 2 minutes. Off heat, stir in parsley and vinegar. Season with pepper and extra vinegar to taste and serve.

#### Nutrition information per serving:

311 calories; 79 calories from fat; 9 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 247 mg sodium; 45 g carbohydrate; 8 g fiber; 2 g sugar; 9 g protein.