

Farro Pilaf

Ingredients:

2 packages (18 oz each, 36 oz total) farro
1 medium yellow onion, small diced
6 oz olive oil
2 oz unsalted butter
36 oz of water, more if needed
1/2 cup toasted walnuts
1 bunch green onions
1 bunch finely chopped parsley
Salt and pepper to taste

Method:

In a large sauce pan, melt butter and olive oil over low heat. Add farro and salt and pepper, and toast over low heat, stirring occasionally, for 30 minutes until the farro is medium brown. Add water and cover pan with a lid, simmer over low heat until water is almost evaporated. Turn heat off and let sit for 30 minutes until farro is cooked al dente.

Lay farro onto a flat sheet pan and cool to room temperature. Once cooled, in a large bowl, stir farro and add in walnuts, onions and chopped parsley. Add additional salt and pepper if necessary.

At Insalata's we serve this at room temperature. You can serve this hot and it is equally delicious.