

Risotto-Style Farro w/ Mushrooms & Truffle Oil

Swick

Serves 1 | Active Time: 1 hour 15 minutes | Total Time: 1 hour 15 minutes

Step 1: Preparing Your Mise en Place

- 6 to 8 cups water or stock (see note)
- 1/2 tsp sea salt (or to taste)
- 1/2 cup onions
- 2 cloves garlic
- 1 cup whole grain farro
- 2 tbsp extra-virgin olive oil
- 1/4 cup white wine or vermouth
- 8 oz wild mushrooms

Note: For the liquid, use a light stock. If your stock is very strong in flavor, you can use a combination of 1/2 water and 1/2 stock so you don't over power the flavor of the farro. Always keep in mind that more or less liquid may be needed to cook this dish. It's always better to have too much than not enough.

To prepare your mise en place, place the liquid into a pot, season with the salt (if needed) and bring to a boil. Once boiling, reduce the heat to low and keep hot.

In the meantime, finely dice the onions and garlic.

Measure out the farro, olive oil and white wine. Clean and slice the mushrooms into large pieces. Set aside.

Step 2: Starting the Dish

Place the oil into a large, heavy-bottomed pan and heat over medium to medium-low heat.

Add the oil, onions and a pinch of salt and sweat until soft and translucent, about 10 to 15 minutes. Add 1/4 cup of the hot cooking liquid to soften the onions. Let the cooking liquid completely evaporate before moving onto the next step.

Step 3: Toasting the Farro & Deglazing

Once the liquid has completely evaporated, turn the heat up to medium-high and add the farro all at once. Stir to coat the farro in the hot fat. Monitor the heat so the aromatics do not burn. Toast the farro for a few minutes.

Once toasted, add the garlic and cook, stirring just until the garlic is fragrant, about 30 seconds. Deglaze with the wine. Stir the farro until the wine evaporates.

Step 4: Cooking the Dish

Once the wine has evaporated, slowly add the hot liquid cup by cup. Stir often to coax the starches out of the farro. Adjust the heat so the liquid is always gently boiling. Once the liquid has been absorbed, then and only then, add the next cup. Stir frequently.

Continue to add liquid and cook this risotto-style dish until it is cooked to your liking. Farro will take quite a while to cook when using the risotto method, so keep tasting and testing the texture for doneness, starting around the 30 to 40 minute mark. Once the farro is close to being done, see the next step!

Step 5: Sautéing the Mushrooms

- 1 tbsp grapeseed oil
- sea salt, to taste
- freshly ground black pepper, to taste

Just before the farro is cooked to your liking, you'll have to do a bit of multi-tasking here.

Heat a large, stainless-steel fry pan over medium-high heat. Once hot, add the oil, followed by the mushrooms. Sprinkle with salt and pepper to taste. Sauté the mushrooms until golden brown. Remove from the pan and set aside.

Step 6: Finishing the Dish

- truffle oil (for drizzling)
- 1 to 2 tbsp extra-virgin olive oil
- Parmesan* (optional, for garnish)

Once the farro has been cooked to your liking, taste it for seasoning. Add a touch of hot liquid to loosen the consistency, if necessary. Stir in the oil, if desired. Cover and let rest for 1 to 2 minutes.

Plate the farro on warmed dishes. Top with the sautéed mushrooms and drizzle with a very small amount of truffle oil. If desired, top with either this Plant-Based Parmesan, or this Walnut Parmesan. Serve immediately.