



Simple | Healthy | Delicious

Einkorn Risotto with Fresh Herbs

INGREDIENTS

1 ¼ cups Nature's Earthly Choice Einkorn
6 cups vegetable or chicken broth
Salt to taste
2 tablespoons extra-virgin olive oil
2 shallots, minced
2 garlic cloves, minced (optional)
½ cup dry white wine, such as Pinot Grigio or Sauvignon Blanc
2 tablespoons chopped fresh marjoram
¼ cup chopped chives
Black pepper
¼ cup chopped fresh parsley
¼ cup freshly grated Parmesan, more to taste (optional)
Walnut oil for drizzling



DIRECTIONS:

1. Cook Einkorn according to package instructions.
2. Place ¼ cup soaked Einkorn in food processor and pulse about 10 times to crack some of the grains.
3. Pour broth and reserved soaking water into saucepan and bring to a simmer over medium heat. It should be lightly seasoned, as it will reduce while you slowly cook the Einkorn.
4. Heat oil in a wide, heavy saucepan over medium high heat. Add shallots, and, if using, garlic and cook gently until shallots are just tender, 3 to 5 minutes. Add whole and cracked Einkorn and stir over medium heat until grains dry out a bit and begin to crackle, a couple of minutes. Add wine and cook, stirring, until it evaporates.
5. Stir in enough simmering broth to just cover Einkorn. The broth should bubble slowly. Cook, stirring often, until it is just about absorbed. Add another ladleful or two of broth and continue to cook until Einkorn is tender, about 25 minutes. It will still be chewy. Add marjoram, chives and pepper, and more broth if there is none visible in pan. Taste and adjust salt. Continue to simmer, stirring often, another 5 minutes.
6. Add another ladleful of broth to the pan and remove from heat. Stir in parsley and, if using, Parmesan. Mixture should be creamy. Serve right away and top with walnut oil if desired.