



Simple | Healthy | Delicious

Farro with Fava Beans



INGREDIENTS

1 cup farro
1 pound whole fava beans, shelled
2 cups low-sodium vegetable broth or water
2 tablespoons olive oil
2 medium shallots, minced
2/3 cup dry white wine
Finely grated zest of 1 lemon
2 tablespoons minced fresh tarragon leaves
3 tablespoons minced fresh Italian parsley leaves
2 tablespoons unsalted butter
12 ounces asparagus, trimmed & sliced 1/2 inch thick on the bias (about 3 cups)
Salt to taste

DIRECTIONS:

1. Cook farro as directed on package. Add 3 cups of water for every cup of farro. Bring to boil reduce and simmer for 15 minutes or until farro reaches desired tenderness.
2. Clean the pot used to boil the farro and refill with water, salt heavily, and bring to a boil over high heat. Add asparagus and cook until just tender, about 3 minutes. Remove asparagus from water and place in a single layer on a large plate or baking sheet to cool. Return water to a boil and add shelled fava beans; cook until tender but not soft, about 1 minute. Drain beans and rinse under cold water until cool enough to touch. Remove the thin, pale green skin that covers each bean and discard. Place skinned beans on the plate or baking sheet with the asparagus.
3. Heat vegetable broth in a small saucepan over medium-high heat until it comes to a simmer, then reduce heat to low so it is at a bare simmer while you prepare the risotto.
4. Heat olive oil in a medium saucepan over medium-high heat. When it simmers, add shallots and season with salt and freshly ground black pepper. Cook, stirring occasionally, until shallots are softened but not browned, about 2 minutes. Add cooked farro and stir to coat grains in oil; cook farro until outer coating of grains is glossy and a toasty aroma rises from the pot, about 3 minutes. Add wine and stir until it has evaporated.
5. Add a ladleful of warm broth and cook, stirring frequently, until farro has almost completely absorbed it, about 2 minutes. Add another ladleful of broth and stir until almost all of it has been absorbed. (Do not let the pan get dry—there should be a constant veil of stock over the farro at all times.) Continue adding ladlefuls of broth, stirring frequently and tasting regularly, until farro is tender but firm to the bite. The indentation in the farro grain will open and puff when completely cooked, about 15 to 20 minutes.
6. Remove the saucepan from heat and gently fold in asparagus, fava beans, lemon zest, tarragon, parsley, and butter. Taste and, if necessary, season with more salt and pepper.