

# FARRO, FULLY



**THE COOKFUL**

*Edited by Christine Pittman and Amy Bowen*

# Farro, Fully

**H**appy New Year! I hope you had a fabulous holiday season and that 2017 is going to be amazing for you. It's certainly going to be amazing over here. We have so many delicious things planned.

We're kicking 2017 off in a healthy way because we're guessing that you, like us, did some indulging in the past month and are thinking about ways to get a bit healthier. We're focusing on farro, an ancient grain that is as delicious as it is healthy. It's easy and fairly quick-cooking also, making it an easy way to slide in some health.

We'll be telling you what farro is and how to cook it using three different methods. Then we have a whole bunch of recipes for you to try, from a tabouleh to a fried "rice" and everything in between. We think you're going to love adding farro to your life and can't wait to hear what you think.

Let's get grainy!

Christine



**THE COOKFUL**

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# What is Farro?

By Amy Bowen

*Remember when the world of grains was broken down into wheat and white? Luckily, cooks have rediscovered a world of interesting, healthy and ancient grains that liven up the kitchen, and farro is leading the pack. But what exactly is farro?*

When I was growing up we had two options when it came to grains — white flour or (if we were feeling really exotic) wheat flour. Then when I was a teenager, my world was rocked when I discovered brown rice. Ahhh, the joys of living in Northern Minnesota.

Grains have come a long way since then. Or I should say we've rediscovered a world of ancient grains. They've always been here, and farro is one of the best. But what the heck is it?

Farro refers to three wheat grains. Farro piccolo or einkorn, farro medio or emmer and farro grande or spelt. Here in the United States, the farro sold in stores is emmer.

# What is Farro?

*Continued from previous page*

Farro is similar to three better known grain varieties that you've probably heard of and maybe had before — spelt, barley and wheatberries.

Check your labels because not all farros are the same when it comes to cooking. Whole grain farro is the purest form of the grain, but it requires an overnight soak. Otherwise, you might lose a tooth. Semiperlato farro has less bran and cooks faster. Pearled farro contains no bran and cooks the fastest. Read the cooking instructions on your label to find out the best way to cook the farro that you have.

Farro has a slightly crunchy texture and nutty, earthy flavor. People enjoy it in salads, soups or as a side dish. It's also delicious in risottos and as breakfast cereal with fruit and cinnamon.

Farro is also incredibly healthy. It has more fiber even than quinoa and is high in protein for a grain. You can make all kinds of dishes healthier by subbing out other carbohydrates, like rice or pasta, for farro. You'll need to adjust the cooking time but the result will be delicious and healthy.

Tomorrow, we'll be telling you how to cook farro using three different methods and then after that we're sharing a bunch of farro recipes. If you [head over here to our Farro Topic](#), you'll get all the info and recipes that we've posted so far and it will update when we post new ones.

So there you have it, the confusing, but tasty, story about farro. Now let's get cooking.



# Three Methods for Cooking Farro

By Amy Bowen

*Learn how to make farro using three different methods, stove-top, oven and slow cooker.*

## **Does Farro Need To Be Soaked Before Cooking?**

You can speed up the cooking time for farro by soaking it in cool water. But honestly, since it only takes about 30 minutes to cook farro without soaking it I don't usually bother with this step. To soak farro measure it into a pot with a tight-fitting lid. Add enough cold water to completely submerge the grain. Put the lid on the pot and refrigerate for 8-24 hours.

## **How To Cook Farro:**

When cooked, farro doesn't expand as much as some more familiar grains like rice or barley. You therefore might want to make more than you would of the others. If you would have started with 1 cup of uncooked rice or barley, go with 1 and 1/2 cups of uncooked farro.

# Three Methods for Cooking Farro

*Continued from previous page*

You can cook farro on the stove top, in the oven or in the slow cooker. Instructions for all three methods are below.

**Note:** There are different kinds of farro out there (whole grain, pearled, semi-pearled and different varieties too) and it's not always easy to tell which kind you have. [Check out this post explaining the different types of farro that are out there](#). I'm giving the cooking times that were needed for [Bob's Red Mill Farro](#). Other farros may take a little less or a little longer to cook. If cooking it on the stove top it typically takes 20-40 minutes, in the oven it takes 30-45 minutes and in the slow cooker it takes 2-3.5 hours. Don't worry too much about the large time range though. Farro doesn't get mushy when overcooked so if you plan for the longer amount of time and yours is ready sooner, it won't hurt to keep cooking it for a bit longer.



# Stove Top Farro

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**Yield:** 4 cups

**Prep Time:** 5 minutes

**Cook Time:** 25 minutes

**Total Time:** 30 minutes

**Ingredients:**

1 and 1/2 cups farro

4 cups water, stock or a  
mixture of both

1/4 tsp. salt

1 Tbsp. butter or olive oil  
(optional)

1. Measure 1 and 1/2 cups farro into a fine mesh sieve and rinse with cold water. Drain.
2. Transfer to a medium sized pot that has a lid. Add 4 cups water or stock or a combination of both and 1/4 tsp. salt. Bring to a boil over high heat.
3. Reduce heat to low, cover and cook for 25–30 minutes, until it is softened but still chewy. If there is liquid remaining in the pot, drain it off or save it to add to a soup, stew or sauce.
4. Use a fork to gently fluff in the butter or olive oil, if using.



# Slow Cooker Farro

*Continued from previous page*

**Yield:** 4 cups

**Prep Time:** 2 minutes

**Cook Time:** 2 hours

**Total Time:** 2 hours, 2 minutes

**Ingredients:**

1 and 1/2 cups farro

1 Tbsp. butter or olive oil  
(optional)

5 cups water, stock or a  
combination of both

1. Measure all ingredients into a slow cooker.
2. Cook on high until farro is softened about 2-4 hours. Depending on the type of farro you have, the water may or may not have been absorbed.
3. Drain any liquid that's left or use it in a soup, stew or sauce.

# Oven Farro

*Continued from previous page*

**Yield:** 4 cups

**Prep Time:** 5 minutes

**Cook Time:** 35 minutes

**Total Time:** 40 minutes

**Ingredients:**

1 and 1/2 cups farro

1 Tbsp. butter or olive oil  
(optional)

4 cups water

1/4 tsp. salt

1. Preheat oven to 350°F. Fill a kettle with water and bring it to a boil.
2. Measure the farro into a fine mesh sieve and rinse with cold water. Drain. Transfer the farro to a medium-sized pot that has a tight-fitting lid. Add the salt and the butter or live oil (if using).
3. Measure 4 cups of boiling water from the kettle and pour it into the pot. Stir and then immediately cover and put it into the oven.
4. Cook for 35-40 minutes, until softened but still chewy.



# Beef and Farro Soup

*By Christine Pittman*

*Get our delicious recipe for Beef and Farro Soup. The farro retains its texture even the next day making this a great alternative to barley in soup.*

I really love beef barley soup. However, I don't like it when the barley soaks up all the liquid and turns it into more of a stew. This happens if I have leftovers and put them in the fridge overnight. Interestingly, that doesn't seem to happen as much with the grain farro. It's similar in texture and flavor to cooked barley but it retains that texture even if kept in liquid longer. I therefore started using farro in soups instead of barley. This recipe is a great example of that.

[To learn more about what farro is, head over here.](#)

[This Bob's Red Mill farro](#) is the one that I typically buy.

# Beef and Farro Soup

*Continued from previous page*

**Yield:** 8 servings

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Total Time:** 30 minutes

**Ingredients:**

1 Tbsp. olive oil  
3 carrots, peeled and  
chopped  
2 ribs of celery, chopped  
1 medium onion, chopped  
1 lb. lean ground beef  
1/2 tsp. salt  
1/4 tsp. black pepper  
2 cups cooked farro ([learn  
how to cook it here](#))  
4 cups unsalted beef broth or  
stock  
1 (28 oz.) can diced tomatoes

1. Heat the oil in a large pot or Dutch oven over medium heat. Add the carrots, celery and onion. Cook until softened, 4-5 minutes. Add the beef, salt and pepper. Cook until browned, 4-5 minutes.
2. Add the farro, beef broth and diced tomatoes. Increase heat to high until it reaches a boil. Reduce to a simmer and cook for 10 minutes. Taste and season with more salt and pepper if desired.





# Farro Tabouleh

*By Christine Pittmen*

*Learn how to make tabouleh using farro instead of bulgur. It has more texture and is truly delicious.*

Tabouleh is traditionally made using bulgur wheat, which is a very small grain without much texture. In this recipe I've swapped out the bulgur for farro, which is a chewier grain with a nice nutty flavor. You can [find out more about farro here](#) and [learn how to cook it using three different methods over here](#). [This Bob's Red Mill brand](#) is the one that I typically buy.

This tabouleh has all of the usual lemon juice, olive oil and, of course, parsley, but is heartier. I think you're going to love it. Enjoy!

# Farro Tabouleh

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Total Time:** 30 minutes

**Ingredients:**

3 cups cooked farro

1 cup chopped flat-leaf  
parsley

1/3 cup chopped red onion

15 grape tomatoes, quartered

3 Tbsp. olive oil

2 Tbsp. lemon juice

1/4 tsp. salt

2 oz. feta, crumbled

1. In a large bowl combine the farro, parsley, onion, tomatoes, olive oil, lemon juice and salt. Top with feta and serve.



# Farro and Roasted Radish Salad

*By Christine Pittman*

*Get our delicious recipe for this hearty and healthy salad made with farro and roasted radishes.*

I'm pretty much in love with roasted radishes. They mellow out, soften, lose some of their heat and get a bit sweet when roasted. When I started coming up with farro recipes ([see them all in our Farro Series here](#)) it seemed natural to me to try roasted radishes and farro together. I added basil and feta as well. It's a really delicious combination that I've made again and again.

# Farro and Roasted Radish Salad

*Continued from previous page*

**Yield:** X servings

**Prep**

**Cook**

cook times?

**Total Time:** X minutes

## Ingredients:

1 bunch radishes (about 12),  
trimmed and quartered  
2 Tbsp. olive oil, divided  
3/4 tsp. salt, divided  
2 cups cooked farro ([learn  
how to cook it here](#))  
2 Tbsp. lemon juice  
1/4 tsp. black pepper  
2 oz. feta cheese  
5 large fresh basil leaves

1. Preheat oven to 425°F.
2. Put the radishes in a 9x13" cake pan and toss with 1 tablespoon of the oil and 1/4 teaspoon of the salt. Roast until undersides are browned and radishes are tender, 20-25 minutes. Remove from oven and allow to cool.
3. In a medium bowl combine the radishes with the farro, lemon juice, 1/2 teaspoon of salt and black pepper. Top with feta and tear basil leaves over top.





# Bolognese Farro Bake

By Christine Pittman

*Skip the pasta and make bolognese with farro. This recipe is so delicious and it's healthy too.*

Ground beef and tomato sauce are such a natural combination and they go so well with pasta. I know it. But pasta is not the healthiest of carbohydrates. Switching it out for some nutrient and fiber-rich farro lets you have those flavors that you love but in a much healthier way.

If you'd like to learn more about farro, we have an article about it [here](#). And there are more farro recipes to try [here](#) as well. If you're looking to buy farro and can't get it in your grocery store (not all stores carry it), you can get it online. I like [this one](#) from Bob's Red Mill.

Enjoy!

# Bolognese Farro Bake

*Continued from previous page*

**Yield:** 8 servings

**Prep Time:** 15 minutes

**Cook Time:** 25 minutes

**Total Time:** 8 minutes

**Ingredients:**

3 cups cooked farro (learn  
how to cook it here)  
1 Tbsp. olive oil  
1 large onion, chopped  
1 clove garlic, minced  
1 pint button mushrooms,  
sliced  
1 and 3/5 lbs. lean ground  
beef or chicken  
1/2 tsp. salt  
1/4 tsp. coarse black pepper  
1 (28 oz.) can tomato sauce  
2 cups shredded mozzarella  
cheese

1. Preheat oven to 400°F. If the farro isn't freshly made and hot, heat it a bit in the microwave or pour boiling water over it and then drain it, just to heat it through.
2. Warm the olive oil over medium-high heat in a large saute pan. Add the onion and mushrooms and cook until softened, 3-4 minutes. Add the garlic, ground meat, salt and pepper. Cook, stirring occasionally until cooked through, 4-5 minutes.
3. Spread the farro into a 9x13" baking dish. Top with the beef mixture. Add the tomato sauce and spread it out. Sprinkle with the cheese.
4. Bake until cheese is melted and starting to brown, about 10 minutes.



# Farro Salad with Roasted Cauliflower

*By Christine Pittmen*

*This farro salad has Italian flavors and mellow roasted cauliflower. Soooo good!*

My favorite way to cook cauliflower is to roast it. It gets a mellow flavor and some sweetness from caramelization. It's even good cold, which is how it found its way into this farro salad.

In addition to the farro and cauliflower, this salad has some nice Italian flavors, including tomatoes, pine nuts, olive oil, Parmesan cheese and basil.

If you like the idea of this recipe, you should check out our other farro recipes and info about farro in [our Farro Series over here](#). Enjoy!

# Farro Salad with Roasted Cauliflower

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 5 minutes

**Cook Time:** 25 minutes

**Total Time:** 30 minutes

**Ingredients:**

1/2 head of cauliflower  
1 (14.5 oz.) can petite diced tomatoes, drained  
2 Tbsp. olive oil, divided  
1/2 tsp. salt  
1/4 tsp. coarse black pepper  
2 Tbsp. pine nuts  
2 cups cooked farro  
1/4 cup finely shredded Parmesan cheese (plus more for garnish)  
chopped fresh parsley or basil for garnish

1. Preheat oven to 425°F.
2. Break the cauliflower into small florets (or chop roughly). Put it on a large sheet pan along with the tomatoes and 1 tablespoon of the olive oil. Stir. Roast for 20 minutes. Scatter with pine nuts. Cook until pine are starting to brown, about 3 more minutes.
3. Transfer cauliflower mixture to a large bowl. Add the farro and the remaining 1 tablespoon of olive oil. Stir. Season with more salt and pepper if desired. Serve sprinkled with the Parmesan cheese and parsley or basil.





# Special Fried Farro

By Christine Pittman

*Replace the rice with farro in this fried rice recipe. It's so tasty and good for you too.*

The other day I told you about how you can use farro in place of pasta to make [a bolognese farro baked dish](#). Today's fried "rice" dish has a similar idea where you switch out one carb for another, except here you're subbing farro in for rice instead of pasta.

Farro is a very healthy grain with lots of nutrients and fiber. You can use it in a variety of dishes that call for rice. You'll have to adjust the cooking times but the final dish will be delicious. To find out how to cook farro, [head over here](#). If you can't find farro in your grocery store (not all stores carry it) you can get it online. I like [this farro from Bob's Red Mill](#).

I hope you really love this recipe. I definitely do!

# Special Fried Farro

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Total Time:** 15 minutes

**Ingredients:**

2 large eggs

1 Tbsp. vegetable oil

1 tsp. sesame oil

3 cups cooked farro ([learn how to cook it here](#))

2 tsp. soy sauce

3/4 cup roasted cashews

1 (9.2 oz) package marinated and baked tofu, cubed

1/4 cup chopped green onion

1. Heat a large non-stick skillet over medium low heat. Crack the eggs into a small bowl and mix them up really well. Pour them into the skillet and then tip the skillet around to spread them out. Cook until set completely, 2-3 minutes. Loosen with a spatula underneath and then roll the egg up jelly-roll-style. Transfer it to a cutting board and slice thinly into spirals. Set aside.
2. Heat the vegetable and sesame oil in a large skillet or wok over medium heat. Add the farro and soy sauce, stir to heat through, 4-5 minutes. Add the cashews, tofu and eggs spirals. Stir gently and heat through, 2 minutes. Remove from heat. Serve topped with green onions.



# Meatballs with Farro and Rosemary

By Christine Pittman

*Get our recipe for meatballs that use cooked farro in place of some of the meat. They're delicious and healthy too!*

I love ground beef and seriously love meatballs. But with the start of 2017, I'm cutting back on red meat. If you're also trying to cut back on red meat, you can totally use ground turkey or ground chicken instead. But I honestly don't like turkey meatballs anywhere near as much as I like beef ones. They're just not the same at all.

What I've done is to stick with beef but add a nice healthy grain, farro, to the mix. This means that each meatball has less red meat in it but all the flavor is still there. Now I can have my meatballs and feel good about eating them too.

If you'd like to learn more about farro, what it is and its health benefits, head [here](#). To learn how to cook farro using three different methods, we've got that for you [here](#). And if you're looking for more farro recipes, check out our [Farro Topic page](#). It has all of our farro info and

# Meatballs with Farro and Rosemary

*Continued from previous page*

recipes in one place. Finally, if you can't find farro at your grocery store (a lot of stores don't carry it), you can order it online. I like [this one](#).

**Yield:** 6 servings

**Prep Time:** 12 minutes

**Cook Time:** 18 minutes

**Total Time:** 30 minutes

## Ingredients:

1 and 1/2 cups cooked farro  
([learn how to cook it here](#))  
1 lb. lean ground beef  
1 egg  
1 tsp. dry rosemary  
1/2 tsp. garlic powder  
1/2 tsp. salt  
1/4 tsp. black pepper

1. Preheat oven to 450°F. In a large bowl combine all ingredients.
2. Gently form mixture into 1 tablespoon balls and place them on a large rimmed baking sheet. Bake until cooked through, 18-22 minutes, flipping each meatball over halfway through for more even browning.





# Creamy Farro and Spinach

By Christine Pittman

*Farro is so healthy and good for you that you can splurge a bit when eating it. This recipe is made creamy with cream cheese. Yum!*

Farro is so healthy and good for you that you can splurge a bit when eating it. This recipe is made creamy with cream cheese. Yum!

This is the last farro recipe in our [Farro Series](#). I therefore wanted it to be pretty special. When I think special, I think cheese. And so a cheesy recipe was born. This one has cream cheese in it.

To make this farro side dish you cook some farro. Then you mix it with cream cheese and chopped fresh spinach (you can totally use defrosted frozen spinach instead if you want). Stir it up, add some salt and pepper, and you're done!

Hint: This dish isn't only special because it's tasty but because it's so easy too. Gotta love that!

# Creamy Farro and Spinach

*Continued from previous page*

**Yield:** 6 servings

**Prep Time:** 5 minutes

**Cook Time:** 25 minutes

**Total Time:** 30 minutes

**Ingredients:**

1 and 1/2 cups uncooked farro

4 cups water, stock or a  
mixture of both

salt

1 cup packed fresh spinach,  
chopped

3 Tbsp. cream cheese or 1/3  
fat cream cheese

black pepper

1. Measure the farro into a fine mesh sieve and rinse with cold water. Drain.
2. Transfer farro to a medium sized pot that has a lid. Add the water or stock and 1/4 teaspoon salt. Bring to a boil over high heat.
3. Reduce heat to low, cover and cook for 25–30 minutes, until it is softened but still chewy. If there is liquid remaining in the pot, drain it off or save it to add to a soup, stew or sauce.
4. While the farro is still hot, stir in the spinach, cream cheese and a pinch of salt and of pepper. Taste. Add more salt and pepper to taste.

# Contributors

*Many thanks to our writers for this edition of The Cookful.*



## **Amy Bowen, editor**

Amy admits that she had no clue how to cook until she became the food reporter for a daily newspaper in Minnesota. At 25, she even struggled with figuring out boxed mac and cheese. These days, Amy is a much better cook, thanks to interviewing cooks and chefs for more than 10 years. She even makes four cheese macaroni and cheese with bacon, no boxed mac in sight. Amy is also on the editorial team at The Cookful and is the primary editor for this ebook.



## **Christine Pittman, editor**

» [cookthestory.com](http://cookthestory.com)

Christine is the Founder and Senior Editor of The Cookful. She also blogs at COOKtheSTORY where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.

# About The Cookful

*Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.*

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with How-To's, innovative recipes, and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



**THE COOKFUL**