



ANSON MILLS

Perfect Basic Slow Roasted Farro

Yield

About 1½ cups

Time

Overnight soak, 25 minutes to cook

Working Ahead

Farro can be made ahead. Turn the cooked farro into a quart-size zipper-lock bag or small bowl (cover the bowl). Store in the refrigerator, where it will keep for 3 or 4 days.

Equipment Mise en Place

For this recipe, you will need a large bowl, a tea strainer, a fine-holed footed colander, a heavy-bottomed 2-quart saucepan, and a wooden spoon.

Ingredients

3 ounces (½ cup) Anson Mills Slow Roasted Farro
2 cups boiling spring or filtered water, for soaking the farro
4 cups spring or filtered water, for cooking the farro
1 teaspoon fine sea salt

Directions

- 1.** Turn the farro into a large bowl and cover it with the boiling water. Skim off chaff and hulls with a tea strainer. Cover the bowl and soak the farro overnight in the refrigerator.
- 2.** Drain the farro in a fine-holed footed colander. Bring the water to a boil in a heavy-bottomed 2-quart saucepan over medium-high heat. Add the farro and salt, stir once, and return to a boil. Reduce the heat to maintain a gentle simmer and cook, stirring occasionally, until the farro is tender but still chewy, about 25 minutes. Drain the farro in the colander and rinse well under cool water.