

Salt and Serenity

Farro Pilaf with Apples and Raisins

2 tablespoons butter or olive oil
1 medium onion, finely diced
1 large apple (Honeycrisp or Granny Smith), peeled, cored and cut into ½ inch dice
1 cup farro
½ cup raisins
1 teaspoon salt
½ teaspoon freshly ground black pepper
2 ½ cups vegetable or chicken stock
¼ cup finely chopped Italian parsley
¼ cup coarsely chopped, toasted pecans (optional)

1. Heat oil in a large saucepan over medium heat. Add onion and sauté until softened, about 5 minutes.
2. Add apple and sauté for another 2 minutes.
3. Add farro and stir well.
4. Add raisins, salt, pepper and stock. Cook on medium-high heat until all the liquid is absorbed and farro is tender, but not mushy. It should still have a chewy texture. It usually takes between 20-30 minutes. If all the liquid is absorbed before the farro is done, add more stock, ¼ cup at a time.
5. Garnish with parsley and pecans.