

Salt and Serenity

Farro Soup

Adapted from Mario Batali's foodnetwork.com recipe for *Minestra di Faro Lucchese*.

Serves 6

3 tablespoons extra-virgin olive oil

1 medium onion, finely diced

2 celery stalks, thinly sliced

1 leek, white and light green part only, thinly sliced

1 cup farro (may substitute wheat berries)

1 (12-ounce) can borlotti beans (or Romano or White Beans), rinsed and drained

2 tablespoons tomato paste

1 ½ teaspoons kosher salt

½ teaspoon freshly ground black pepper

Water

Rind of Parmigiano-Reggiano cheese (optional)

2 large carrots, cut into 1/4-inch dice

1 ½ cups frozen green peas, not thawed

1/4 cup jarred pesto sauce

2 tablespoons fresh basil leaves, cut into chiffonade

Freshly shaved Parmigiano-Reggiano (use a vegetable peeler)

1. In a 10-inch Dutch oven or stockpot, heat the olive oil over a medium-high flame until hot but not smoking. Add the onion, celery, and leek and cook, stirring occasionally, until soft and light golden brown, about 5 minutes.
2. Add the farro, beans, and tomato paste, stirring so that the tomato paste is spread throughout the pan. Add salt and pepper, to taste. Add water until the mixture is completely covered. Add the optional Parmesan cheese rind. Let the liquid come to a boil then lower the heat and let the soup simmer gently for 30 minutes.
3. Add the carrots, stirring to combine, and continue to cook for another 30 minutes, adding more water when necessary to keep the soup from getting too dry.
4. Add frozen peas. Cook for another 5 minutes until peas are tender. Stir in pesto. Serve soup garnished with fresh basil and shaved Parmesan.

