

Salt and Serenity

Summer Farro Risotto with Corn

Serves 4

This recipe was created by NYC Chef, Jeremy Bearman. It was originally published in the September 2012 issue of Bon Appetit Magazine. I have adapted it very slightly.

2 ears corn, peeled and kernels cut from cob
1 tablespoon olive oil
1 medium yellow onion, diced
½ teaspoon Kosher salt
2 cups vegetable broth

2 cups (or more) vegetable broth
1 cup water
1 cup farro
½ teaspoon Kosher salt
2 ears corn, peeled and kernels cut from cob
2 tablespoons olive oil
1/2 cup diced red onion
1 yellow or orange bell pepper, diced into ¼ inch cubes
½ cup finely grated Parmesan
½ teaspoon freshly ground black pepper
1 pint cherry or grape tomatoes, quartered
10 leaves fresh basil, thinly sliced

1. Make corn puree: (Steps 1-4) Combine corn, onion, oil, and salt in a medium saucepan. Cook over low heat, stirring occasionally, until onion is softened and translucent, 6–7 minutes (do not brown).
2. Add 2 cups broth, increase heat to high, and bring to a boil. Reduce heat to medium-low and simmer gently, uncovered, until corn is softened and cooked through and the liquid is reduced by half, 20 minutes. Let cool slightly.
3. Transfer mixture to a blender and purée until smooth (when puréeing hot liquids, start with the lid slightly ajar to release steam; cover with a kitchen towel to catch any splatters).
4. Strain purée through a sieve into a 2-cup heatproof measuring cup. Add more broth, if needed, to measure 1 1/3 cups. Set aside.

5. Make farro risotto: Bring 2 cups broth, 1 cup water, farro, and salt to a simmer a large saucepan. Cook until farro is tender, 30–45 minutes. Drain; return to pot.
6. Meanwhile, heat 2 Tablespoons olive oil in a large skillet over medium heat. Add onion and cook until just beginning to soften, about 3 minutes. Add bell pepper and corn and cook, stirring occasionally, until vegetables begin to brown, about 5 minutes longer. Set aside.
7. Add corn purée to farro and cook over medium heat, stirring occasionally and adding more broth by 1/4-cupfuls if dry, until farro is very creamy, 5–6 minutes. Stir in cheese. Season with salt and pepper.
8. Stir tomatoes and basil into vegetables. Divide farro risotto among bowls. Top with vegetable mixture, dividing equally. Serve immediately.