

## Perfect Basic Slow-Roasted Farro

**Time:** Overnight soak, 25 minutes to cook

The texture of this antique farro is magical. At once silken and crisp, the berries seem to explode with liquid when bitten into, and their flavor trails from subtle cinnamon spice to a rich nuttiness. Because the protein content of Anson Mills farro is off the charts, the grain must be cooked with care. Throw the berries into boiling water without notice and watch their texture go bouncy and the aromatics vaporize. Instead, soak our farro overnight and simmer it gently. You'll have a grain of unrivalled diplomacy and riveting flavor to mingle with soups, salads, side dishes, and desserts.

### Equipment Mise en Place

For this recipe you need a large bowl, a fine, footed colandar, a heavy-bottomed 2-quart saucepan, and a wooden spoon.

### Working Ahead

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

### Ingredients

1 cup (6 ounces) Anson Mills Slow Roasted Farro

1 teaspoon fine sea salt

### Directions

1. Turn the farro into a large bowl and cover it with 2 cups of boiling water. Skim off chaff and hulls with a tea strainer. Soak the farro overnight.
2. Drain the farro and set aside. Bring 4 cups of water to a boil in a heavy-bottomed, 2-quart saucepan. Add the farro and salt, stir once, and return to a boil. Simmer gently, stirring occasionally, until the farro is tender but still chewy, about 25 minutes. Drain through a fine, footed colander and rinse well with cool water.

**Makes 2 1/3 cups**