

MUSHROOM PEA FARROTTO

Katie Simmons

INGREDIENTS

45 MINUTES 4 SERVINGS

- Mushroom Pea Farroto
- 6 cups vegetable broth
- 2 shallot
- 10 oz cremini mushrooms
- 3/4 cup farro
- 2 cloves garlic, minced
- 1 cup dry white wine
- 2 tbsp nutritional yeast
- 1/2 cup green peas, frozen
- 1 dash black pepper
- Salt, to taste
- Parsley or Chives, to garnish

TAGS

#comfort #fiber #healthy #italian #vegan #vegetarian #wholegrain



1

Gather ingredients



2

To simmer the stock: In a medium pot, pour the vegetable stock. Cover and bring to a simmer. Keep at a low simmer, covered while making farrotto.



3

To make the Farrotto: Thinly slice the mushrooms and mince the shallot.





4

Place the mushrooms and shallots in a wide pan over high heat. Sprinkle on a little salt and saute over high heat for 5-7 minutes.



5

When the shallots and mushrooms are well-browned and starting to stick the pan, add the farro. Stir to combine. Let the farro toast for 3 minutes or until fragrant. Chef's tip: This will give your Farrotto a deep, nutty flavor.



6

Add the garlic and wine.



7

Use a wooden spoon to deglaze the pan, scraping up any bits from the bottom. Reduce the wine until almost evaporated.



8

Add a cup of the simmering broth.



9

Stir vigorously to release the starches of the farro. Reduce heat to a steady simmer. Let the farro simmer until most of the broth is absorbed.





10

Continue adding the vegetable broth, 1 cup at a time, every 7 minutes or so, stirring vigorously each time. Repeat until the farro is "al dente". You may not use all of the broth.



11

When the farro is al dente tender, stir in the nutritional yeast.



12

Turn off the heat and add the green peas. Season with salt and pepper, to taste.



13

Garnish with fresh parsley or chives and serve immediately. Chef's tip: For a gluten-free whole-grain version, simply use short grain brown rice.

