



RECIPES

MUSHROOM FARRO RISOTTO

Serves 4 – 6

Ingredients

1 cup Farro, pearled or whole (allow for longer cook time w/whole)

4-5 cups chicken stock, heated (keep warm)

olive oil

6 cremini mushrooms, stems removed (save), sliced

½ small onion, small dice

1/3 cup white wine

1/3 cup heavy cream

½ cup grated parmesan cheese (reserve small amount for garnish)

Directions

1. Dice reserved mushroom stems. In a medium saucepan, heat 2 tb olive, add onions and stems. Cook until mushrooms and onions softened. Add farro, toast for 3-4 minutes.
2. From heated chicken stock add 1 ladle of stock, cook until stock is almost gone, stirring with wooden spoon. Repeat process of adding stock until farro is 'ala dente'.
3. As farro is cooking, add sliced mushrooms to a dry med hot pan. Cook through, remove from heat.
4. Add wine, cook until reduced again. Remove from heat, add cream, heat, add cheese. Add cooked mushrooms, season. Add additional chicken stock as needed for consistency. Serve with grated parmesan cheese and parsley for garnish



TOASTED CROSTINI W/ ROASTED PEPPERS AND GOAT CHEESE

Serves 6-8

Ingredients

1 large red pepper

½ yellow onion, sliced

Olive oil

2 clove garlic, minced

1 baguette whole wheat or sprouted wheat

2-3 oz goat cheese, herbed

Directions

1. In a baking pan place pepper rubbed with olive oil and sprinkle with salt. Place in a 400-degree oven until pepper is slightly blackened. About 15 min. Remove and place in a zip lock bag or bowl and cover with plastic wrap. Let cool for 10-15 min.
2. While pepper is roasting, add olive oil to sauté pan. Add onion to pan, cook over medium heat until translucent, about 10 min.
3. Once pepper has cooled, remove outer blackened skin. Julienne. Add to onion in sauté pan. Add minced garlic, to taste. Heat until fragrant. Set aside.
4. Slice baguette and place on racked sheet pan. In 350-degree oven lightly toast bread. Peel garlic clove and rub gently over hot bread.
5. Place crostini on serving platter, add a tablespoon of onion pepper mixture. Crumble goat cheese lightly over top. Serve warm. Garnish with parsley if desired.