

# Easy Mushroom Farro Risotto

*Grains, Vegetables*

**Prep Time:** 15 minutes **Cook Time:** 60 minutes **Servings:** 4 **Source:** From the kitchen of Jim and Mary Crist

## INGREDIENTS

4 cups (1 quart) low sodium chicken broth  
3 tablespoons unsalted butter  
½ large yellow onion finely chopped (roughly 1 cup)  
kosher salt  
freshly ground black pepper  
12 oz cremini (Baby Bella) mushrooms cleaned, trimmed, and thinly sliced  
3 large garlic cloves finely chopped  
1 tablespoon finely chopped fresh thyme plus more for garnishing  
1½ cups Bob's Red Mill Organic Farro  
¾ cup dry white wine such as Pinot Grigio  
parmigiano-reggiano cheese rind optional  
¾ cup grated parmigiano-reggiano cheese plus more for serving  
1 teaspoon freshly squeezed lemon juice  
¾ cup frozen peas thawed  
flat leaf parsley finely chopped, for garnishing

## DESCRIPTION

This mushroom farro risotto, or mushroom farrotto, is creamy, bursting with hearty mushroom and fresh herb flavor, and uses my favorite no-stir cooking method. Just before serving, we'll stir in thawed peas for a touch of color and natural sweetness!

## DIRECTIONS

Place the chicken broth in medium saucepan and bring to a low simmer. Keep over very low heat.

In a large Dutch oven (or heavy-bottomed pot), heat the butter over medium heat until melted and lightly bubbling. Add the onion, along with a generous sprinkle of kosher salt, and sauté over medium-low heat for 5 to 7 minutes, stirring often, until the onion is soft and translucent.

Increase the heat to high. Add the sliced mushrooms and stir to combine. After a minute or so, the mushrooms will begin to sweat and release their moisture. Continue cooking for an additional 2 to 3 minutes, stirring occasionally, until the mushrooms have softened. Add the garlic and fresh thyme and sauté, stirring continuously, for 30 seconds or until fragrant. Season to taste with salt and pepper.

Add the farro and toast over medium-high heat for 1 to 2 minutes, stirring continuously. The farro will crackle lightly and the pan should be mostly dry.

Add the white wine and cook over medium-high heat for 2 to 3 minutes, stirring every so often, or until the wine has been completely absorbed. Add the parmigiana rind (if using) and hot broth to the pot, stir to combine, and bring to a boil. Reduce the heat to a steady simmer, cover, and cook for 45 to 50 minutes, stirring every 15 minutes or so, or until the farro is tender (it will naturally be slightly chewy in center) and the risotto is thick.

Note: I like to remove the lid in the final 5 to 10 minutes of cooking, which promotes thickening and helps me more easily monitor the texture (i.e. if a fair amount of liquid is remaining, you can increase the heat slightly to reduce, etc.).

Over low heat, add the grated parmigiano-reggiano cheese and lemon juice and stir to combine. Fold in the thawed peas. Season to taste with kosher salt and freshly ground pepper. If the risotto tastes at all flat, you most likely need to add another generous sprinkle or two of salt.

Remove the pot from heat, cover, and allow the risotto to sit for 5 minutes before serving. This extra step helps thicken and release additional starches, and in my experience, results in an improved and more creamy 'classic risotto-like' texture. Remove and discard the parmigiano-reggiano rind, if using.

Serve the risotto in pre-warmed bowls. Garnish with fresh thyme leaves, finely chopped parsley, and freshly grated parmigiano-reggiano cheese, as desired.

## NOTES

Equipment

- Staub 5.5 Quart Round Cocotte
- Imagine Organic Low-Sodium Chicken Broth