

# Farro w/ Toasted Noodles

*Swick*

Makes 6 cups | Active Time: 30 minutes | Total Time: 2 hours

## Chef's Notes

In place of farro, you can use freekeh, wheat berries, or rye berries. Soak as needed. And, be aware that cooking times will vary.

If you don't find dried mint at your local grocer, then set out fresh leaves to dry. It usually takes 2-4 days depending on temperature and humidity.

Original recipe courtesy of Lior Lev Sercarz.

## Step 1: Preparing the Spice Blend

- 1 tbsp garlic slices, dried
- 1 tsp savory, dried
- 1/4 tsp cayenne, ground
- 3/4 tsp smoked paprika
- 1 tsp mint, dried

Finely grind the garlic and savory together and immediately mix with the cayenne, smoked paprika, and the whole dried mint.

## Step 2: Soaking the Farro

- 12 oz (340 g) farro, uncooked

To make the farro: Place the farro in a large bowl and add enough cold water to cover by 1 inch. Let the farro soak for about an hour to speed up the cooking; drain well.

Prep and cook the pasta and vegetables while the grains soak.

### Step 3: Preparing the Dish

- Extra virgin olive oil, for the pan
- 1 tbsp vegan butter (optional)
- 2 oz (60 g) vermicelli or angel hair pasta, broken into 1-inch pieces
- 12 oz (340 g) yellow onion, small dice
- Salt (to taste)
- 2 oz (60 g) red bell pepper, small dice or julienne
- 3 tbsp (15 ml) apple cider vinegar

Coat the bottom of a medium pot with oil and set over medium-low heat. Add the vegan butter and swirl until melted. Add the pasta and stir well. Adjust the heat so you find that happy place where the fat bubbles and the noodles sizzle. Cook, stirring continuously until the pasta is golden brown and smells toasty, about 5 minutes.

Add the onion and stir well. Add all of the spice blend and a pinch of salt. Mix in the red bell pepper.

Raise the heat to high, and add the drained farro. Stir well and add the vinegar and 2 cups cold water. Cover and bring to a boil.

Reduce the heat to maintain a simmer and cook, stirring and scraping the bottom of the pot occasionally to prevent the spices from scorching, until the farro is tender and the water is absorbed, about 20 minutes.

Let sit, covered, for 10 minutes, then gently fold the mixture to evenly incorporate all the ingredients and serve.