



Porcini Farro Risotto

READY IN



150 min.

SERVINGS



10

CALORIES



296 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 cups porcini wild mixed dried black
- ☐ 2 cups regular farro
- ☐ 1 cup very flat-leaf parsley roughly chopped
- ☐ 1 garlic clove minced
- ☐ 1 tsp kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup onion roughly chopped
- ☐ 1 cup parmigiano-reggiano cheese grated
- ☐ 10 sprigs thyme leaves minced

☐ 0.3 cup butter unsalted

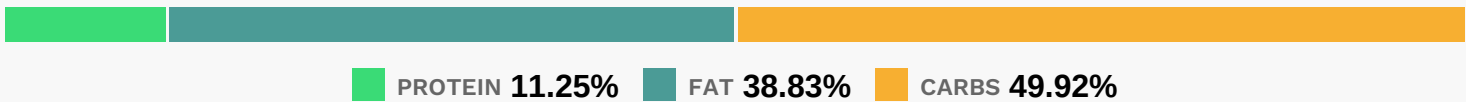
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Bring dried porcini and 8 1/2 cups water to a boil over high heat, covered.
- ☐ Remove from heat and let sit 1 hour. Lift mushrooms from soaking liquid and chop coarsely; set liquid and mushrooms aside.
- ☐ Meanwhile, melt butter with oil in a large cast-iron skillet over medium heat.
- ☐ Add onion, garlic, and farro and cook, stirring, until onion is translucent and farro turns toasty brown, about 7 minutes. Stir in 1 tsp. salt.
- ☐ Strain porcini soaking liquid through a cheesecloth-lined strainer into a bowl.
- ☐ Pour 1 cup liquid into farro and cook, stirring, until nearly absorbed, about 5 minutes. Repeat until all liquid has been used and farro is tender, about 1 hour.
- ☐ Stir in thyme, parsley, reserved porcini, and cheese, and cook another few minutes to meld flavors. Season with salt to taste.
- ☐ *Find semipearled farro at amazon.com, or use regular farro: Soak 1 hour in 2 in. of water to cover, then drain and cook as directed--except add all the liquid at once (no amount of stirring will make it creamy, so save yourself the trouble).

Nutrition Facts



Properties

Glycemic Index:16.1, Glycemic Load:0.39, Inflammation Score:-9, Nutrition Score:17.513043569482%

Flavonoids

Apigenin: 12.96mg, Apigenin: 12.96mg, Apigenin: 12.96mg, Apigenin: 12.96mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 295.96kcal (14.8%), Fat: 13.19g (20.3%), Saturated Fat: 5.43g (33.94%), Carbohydrates: 38.16g (12.72%), Net Carbohydrates: 30.63g (11.14%), Sugar: 0.95g (1.06%), Cholesterol: 19mg (6.33%), Sodium: 401.81mg (17.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.2%), Vitamin K: 103.14µg (98.22%), Manganese: 0.66mg (32.8%), Fiber: 7.53g (30.1%), Selenium: 20.7µg (29.58%), Copper: 0.55mg (27.62%), Phosphorus: 187.06mg (18.71%), Vitamin B5: 1.74mg (17.36%), Vitamin A: 781.86IU (15.64%), Vitamin B3: 2.97mg (14.83%), Calcium: 147.04mg (14.7%), Vitamin C: 10.51mg (12.74%), Magnesium: 50.83mg (12.71%), Zinc: 1.77mg (11.79%), Vitamin B2: 0.18mg (10.75%), Vitamin B6: 0.2mg (10.15%), Iron: 1.8mg (10.02%), Folate: 32.58µg (8.14%), Potassium: 282.26mg (8.06%), Vitamin B1: 0.11mg (7.43%), Vitamin E: 0.99mg (6.57%), Vitamin D: 0.41µg (2.72%), Vitamin B12: 0.13µg (2.16%)