



Ripe's Cremini Farro Hash with Poached Eggs

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



382 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons chives minced
- ☐ 12 ounces crimini mushrooms trimmed finely chopped
- ☐ 0.5 teaspoon thyme dried
- ☐ 0.3 cup sherry dry
- ☐ 4 large eggs
- ☐ 1.5 cups farro rinsed
- ☐ 4 servings pepper black freshly ground
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 1 tablespoons cream sour to taste
- ☐ 1 teaspoon vinegar white
- ☐ 1 small onion diced yellow

Equipment

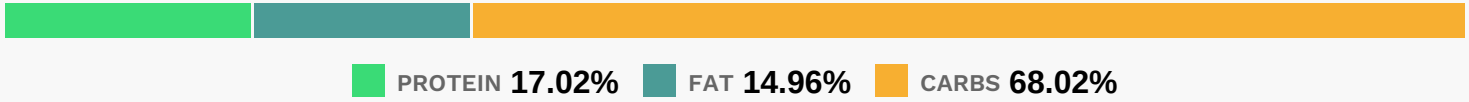
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ ramekin
- ☐ wooden spoon
- ☐ slotted spoon

Directions

- ☐ Cook the farro in a large pot of boiling, salted water according to package directions. Skim off any foam that rises during cooking.
- ☐ Drain, and rinse.
- ☐ In a large skillet, warm the oil over medium-high heat.
- ☐ Add the onion, creminis, thyme, 1 teaspoon salt, and a generous grinding of pepper. Sauté until the mushrooms release their liquid, the onions turn translucent, and the moisture nearly evaporates, about 10 minutes, stirring frequently.
- ☐ Add the sherry. Allow to bubble steadily until the liquid nearly boils off, about 2 minutes.
- ☐ Remove from the heat and stir in the farro and sour cream. Season with 2 teaspoons of the lemon juice (adding more to taste) and additional salt and pepper. Cover to keep warm while you prepare the eggs.
- ☐ Fill a medium saucepan halfway with water. Bring to a hard simmer, add the vinegar, and lower the heat to a gentle bubble. Crack 1 egg into a small ramekin. Swirl a wooden spoon in the water to create a whirlpool, then tip the egg into the swirling water. Immediately repeat with the remaining eggs, nudging the eggs to the side so they don't clump together. Poach the eggs for exactly 3 minutes, flipping them over during the last minute of cooking. (If you're a novice, try poaching 1 or 2 at a time.)

- ☐
- To serve, divide the farro mixture among four serving plates.
- ☐
- Remove each egg with a slotted spoon, blot gently with paper towels, and lay atop each mound of farro.
- ☐
- Sprinkle with the chives, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:0.45, Inflammation Score:-7, Nutrition Score:24.663478125697%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 381.5kcal (19.07%), Fat: 6.34g (9.76%), Saturated Fat: 2.08g (13%), Carbohydrates: 64.89g (21.63%), Net Carbohydrates: 52.24g (19%), Sugar: 3.34g (3.72%), Cholesterol: 187.77mg (62.59%), Sodium: 85.44mg (3.71%), Alcohol: 1.54g (100%), Alcohol %: 0.78% (100%), Protein: 16.24g (32.48%), Selenium: 65.99µg (94.27%), Manganese: 1.2mg (59.93%), Fiber: 12.64g (50.57%), Vitamin B2: 0.75mg (43.91%), Copper: 0.79mg (39.53%), Phosphorus: 378.83mg (37.88%), Vitamin B3: 6.79mg (33.93%), Vitamin B5: 2.3mg (23.04%), Zinc: 3.26mg (21.72%), Vitamin B6: 0.41mg (20.43%), Potassium: 711.57mg (20.33%), Magnesium: 78.01mg (19.5%), Iron: 3.37mg (18.73%), Folate: 68.89µg (17.22%), Vitamin B1: 0.26mg (17.1%), Vitamin B12: 0.54µg (8.94%), Vitamin K: 9.07µg (8.64%), Vitamin A: 408.93IU (8.18%), Calcium: 78.56mg (7.86%), Vitamin D: 1.09µg (7.23%), Vitamin C: 3.66mg (4.44%), Vitamin E: 0.58mg (3.88%)