

CAPRESE FARRO

with Garden Pesto & Summer Tomatoes

by Properly Forked

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Ingredients	Fresh Herbs & Greens	6 to 8 C
	Pistachios - Roasted	2 C
	Lemon, zested	1 to 2
	Extra Virgin Olive Oil	3 C+
	White Balsamic Vinegar	1 C
	Local Honey	1 to 2 T
	Red Pepper Flakes	1 to 4 T
	Heirloom Cherry Tomatoes	8 C
	Farro (dry)	3 C
	Fresh Mozzarella	4 C
	Kosher Salt	
	Fresh Ground Black Pepper	



To Make

For best results, make ahead of time, up to 24 hours

- Slice tomatoes in half and salt on cutting board
- Add pistachios, pinch of red pepper flakes, and pinch of salt to blender. Pulse until ground.
- Add herbs in batches with half of olive oil. Pulse until chopped, but not liquefied.
- Add lemon zest and splash of vinegar. Add salt, pepper and honey to taste.
- Cook farro per instructions. Drain, reserving cooking liquid. Immediately drizzle with balsamic vinegar.
- Mix farro with half of pesto and 1 C cooking liquid. Let stand for 10 minutes. Add additional pesto and water as needed to account for absorption. Stir in half of tomatoes.

To Serve

Spread farro mixture into large shallow serving dish. Spread remaining tomatoes and cheese on top. Sprinkle with kosher salt, fresh pepper and olive oil. Serve remaining pesto on side. Can be served warm, cold, or room temperature.

Introductions

- Dish
- Properly Forked Philosophy
- Pour Wine

Ingredients/Health Benefits

- **Tomatoes** - A single tomato can provide about 40% of the daily recommended minimum of vitamin C.
- **Herbs** – anti-inflammatory properties, antioxidants, like your salad greens but more flavor
- **Olive Oil** - "Monounsaturated fat such as olive oil helps lower your risk of heart disease by improving related risk factors." says Donald Hensrud, MD, an associate professor of preventive medicine and nutrition at Mayo Clinic and medical editor-in-chief of *The Mayo Clinic Diet*.
- **Pistachios** - Pistachios are high in protein, fiber, and antioxidants. They also boast several other important nutrients, including vitamin B5 and potassium.
- **Local Honey** - relief from seasonable allergies, unprocessed sugar source.
- **Fresh Mozz** – probiotics, rich in b vitamins, healthy fats and calcium

Demonstration

Recipe

- Steps made ahead
- Make pesto

Cooking/Prep Tips

- Make ahead
- Mise en Place
- reserving some of your ingredients for adjustments,
- How to taste your food for understanding balance,
- Use what's available – recipes are flexible!

Substitutes

- **Farro** – Couscous, orzo, white beans
- **Fresh Mozz** – Goat cheese, feta, ricotta
- **Pistachios** – walnuts, pine nuts