



Farroto with Butternut Squash and Kale

Squash

- 1 small butternut squash (about 2 1/2 pounds)
- 1 tablespoon avocado oil
- 1 1/2 teaspoons sea salt
- Freshly ground black pepper
- 1 cup vegetable stock
- 3 bunch kale

Farroto

- 2 quarts of vegetable stock
- 1 1/2 teaspoons avocado oil
- 1 1/2 cups Farro, soaked overnight then strained and dried over paper towel
- 4 tablespoons coconut oil
- 1/2 cup diced white onion
- 1 garlic clove, chopped
- 1/2 cup dry white wine

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Serves 4

For the squash

Preheat the oven to 425°F. Cut the squash in half. Place the squash cut side up on a rimmed baking sheet. Divide the avocado oil between the two halves and sprinkle with the salt and pepper. Roast the squash for 35 minutes, or until fork-tender.

While the squash is roasting, prepare the kale: Remove the stems and ribs from the leaves. Make stacks of the leaves, roll them into cylinders, and cut them into very thin ribbons. Wash the kale in a sink of cold water, changing it several

For the farroto

Preheat the oven to 425°F.

Heat the stock in a partially covered medium saucepan over medium heat; keep warm over low heat.

Heat the avocado oil in a medium ovenproof skillet over medium heat. When the oil is shimmering, add the farro and stir to coat it with the oil. Place the skillet in the oven and toast the farro for 8 minutes, stirring after 4 minutes.

Transfer the farro to a bowl and reserve. Wipe the skillet clean.

Put the empty skillet over medium-high heat. When the skillet is hot, about 2 minutes, add 2 tablespoons of the coconut oil and reduce the heat to medium. Add the onion and cook, stirring occasionally, until translucent, about 4 minutes. Add the garlic and cook, stirring constantly, until soft, about 2 minutes. Add the wine, increase the heat to high, and cook until the wine is almost evaporated, about 2 minutes

times, to remove any sand. Drain and dry with paper towels.

When the squash is done, remove it from the oven and pour the oil and juices from the cavities into a container. Let the squash cool enough to handle. Warm the stock in a small saucepan over medium-high heat. Add the oil and juices from the cavities of the squash.

Peel the squash. Place the pulp in a blender, add the warm stock and juices, and blend on high to a very smooth puree, about 3 minutes. Set aside.

Add the toasted farro to the pan and stir to coat. Add 1/2 cup of the warm stock, reduce the heat to medium, and stir until the liquid is almost absorbed.

Continue cooking, adding 1/2 cup of warm stock at a time, stirring to prevent scorching and letting each addition be absorbed before adding the next, until the farro grains have expanded and are al dente, about 1 hour. The farro will look creamy like risotto. (The farro can be made up to 3 days ahead. Cool to room temperature, cover, and refrigerate. Reheat over low heat before proceeding.)

Remove the farro from the heat, add the squash puree and kale, and stir until the kale is wilted.

Put the skillet back over medium heat and add the remaining 2 tablespoons of coconut oil. Taste to check season, add more salt and/or pepper. Stir and serve.