

Submitted by Jeffrey Held at NYU Langone Health, New York

SERVES 4-6

INGREDIENTS

Farro

- 2 tbsp. olive oil
- 4 shallots, chopped
- 3 cups butternut squash, peeled & diced
- 2 cloves garlic, crushed & minced
- 2 cups farro, pulsed in blender to crack the hulls
- 1 cup dry white wine
- 2 quarts vegetable broth
- 1 cup green peas, blanched

Pesto

- ½ cup sage leaves
- 1 cup parsley leaves
- ½ cup sunflower seeds, toasted
- 1 lemon juice/zest
- ½ cup olive oil
- 2 cloves, garlic, crushed
- ½ teaspoon Kosher Salt
- cracked black pepper

Combine all the above ingredients and process in a blender until smooth.

PREPARATION

1. In a heavy-bottomed saucepan, begin to sweat the shallots in olive oil until translucent. Add the butternut squash and continue to cook on low-medium heat.
2. In a separate pot, bring the stock up to a boil and reserve.
3. Once the squash begins to slightly soften, add the garlic, and continue to stir.
4. Add the farro and continue to toast over medium heat for about 2-3 minutes. Deglaze with the white wine and continue to stir. Allow the wine to come to a simmer and reduce by half.
5. Add 1/3 of the stock and continue to stir the farro over low-medium heat.
6. As the stock cooks in, add another 1/3. Add the green peas and continue to stir.
7. For the final bit of liquid, monitor the farro as it cooks in. You want it to be fully cooked yet have a slight bite back. Add salt and pepper as needed. Garnish with pesto.

