

Grains



Farro

3 Trois Contois Farro

Item #: 053925, 2/11 LB

First cultivated in the ancient fields of Babylon, the rustic grain farro is now a central cereal grain for chefs. Del Destino Italian Semi-Pearled Farro is certified USDA organic and has a forgiving, fibrous texture that boasts a complex, nutty taste offering hints of oat and barley. Farro is the ideal alternative to rice in applications like risotto and soups.

- Country:** ITALY
- Brand:** 3 Trois Contois
- Style:** Italian Farro
- Special:** Organic
- Ingredients:** Emmer (Italian Farro Triticum Dicoccum Pearled)
- Allergens:** Wheat/Gluten Allergy
- Shelf Life:** 2 years
- UPC:** 0-6847880085-0

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Add 1 cup of Del Destino Italian Semi-Pearled Farro to a 2 ½ cups of salted boiling cook for 15 minutes until farro is al dente. Serve with mixed vegetables, mushroo white beans.
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This nutty grain is lifted by the addition of an Italian white like Friulano or Alto Ad Gewürztraminer.