

Jazz in the Kitchen

Farro with Butternut Squash and Kale

Ingredients:

3 cups (or 1 package) cubed and peeled butternut squash
3 tablespoons olive oil, divided
1 yellow onion, chopped
2 cloves garlic, minced or pressed
1/4 cup white wine
2 1/2 cups low-sodium chicken broth (or vegetable)
1 cup farro (or barley)
3/4 tablespoon dried sage
6 or 7 stems of kale, stems removed and torn into pieces
1/4 cup grated Parmesan cheese
salt and pepper to taste

Directions:

1. Heat oven to 375. Toss cubed squash with one tablespoon of olive oil , plus salt and pepper to taste. Roast on foil covered baking sheet for roughly 30 minutes, or until easily pierced with knife, tossing/ stirring at least once.
2. Put on a pot of water to boil (for blanching kale). At the same time, heat two tablespoons of olive oil in a large skillet. When heated, add the onions and cook until translucent. Then add garlic and cook for one minute.
3. Add white wine to pan, and allow to cook until nearly evaporated. Add broth to pan and allow to heat slightly before adding farro. Bring broth to a simmer (do not boil farro). Add the dried sage, and allow to cook until broth is fully absorbed, roughly 30-40 minutes.
4. Meanwhile, blanch kale in boiling water for 30 seconds to one minute, until bright green and tender. Strain into colander, and let it rest until the farro is done cooking.
5. When liquid in the pan is almost entirely absorbed (90%), add the roasted squash, blanched kale, and 1/4 cup grated parmesan. Season to taste with salt and pepper, stirring to incorporate all of the ingredients. When the cheese has melted, all ingredients are heated through, and any remaining liquid is absorbed, remove from heat and serve.