

PEARLED FARRO WHEAT



Pearled Whole Emmer Wheat (*Triticum dicoccum*)

Pearled means that a thin external layer of bran is removed from the Emmer wheat. It is cooked in 25/30 minutes without being soaked and it does not need to be washed if it is clean. One can follow the traditional recipe widely used in the Garfagnana and Lucchesia area. Farro is an ancient grain that has been around for thousands of years.

Not only does it taste great — it's also good for your health. It's packed full of fiber, protein, vitamins, minerals and antioxidants. Farro is also a great alternative to refined grains and can easily be added to your diet. Farro is an ancient wheat grain that originated in Mesopotamia.

This ancient grain and often used to describe three different grains:

- **Einkorn:** Farro piccolo, known scientifically as *Triticum monococcum*
- **Emmer:** Farro medio, known scientifically as *Triticum dicoccum*
- **Spelt:** Farro grande, known scientifically as *Triticum spelta*

The one we carry is the Farro Medium. There is much confusion over the true name for farro, mainly because the names above are used interchangeably in different regions and countries. The kind that's most commonly found in the US and Europe is Emmer wheat. It's sold dry and prepared. Before it's cooked it looks similar to wheat berries, but afterward it looks similar to barley. It's a small, light-brown grain with a noticeable outer layer of bran.

Farro is loved for its nutty flavor and unique, chewy texture. It's a great alternative to other popular grains, such as rice, quinoa, buckwheat and barley, among others. It can be eaten alone or as an ingredient in dishes like stews, salads and soups. It can also be mixed with fruit and cream and eaten in a similar style to granola or muesli.