

Tuscan Farro: A Perfect Vegetable Soup

Michele Scicolone (April 23, 2015)



Tuscans are masters of soup cookery and every town throughout the region has its favorite recipe. Perfect for this time of year, this hearty soup is made with a variety of vegetables and farro, an ancient form of wheat that has been eaten in Tuscany for centuries.

Farro can be purchased at most Italian groceries, but if you can't find it, substitute barley, wheat berries or spelt. These grains are very similar indeed and their use reflects slight regional differences in Europe as to what is grown locally and eaten as farro.



Served with good bread, a glass of red wine and aged pecorino cheese from [Tuscany](#) [2], this meatless soup is ideal for a chilly spring day. In a large pot, cook the onion in the olive oil over medium heat, stirring often, until the onion is golden. Stir in the garlic. Cook 1 minute more.

Add the potatoes and farro to the pot and cook for 10 minutes.

Stir in 6 cups water and salt to taste. Stir in the kale, tomatoes and crushed red pepper. Bring the soup to a simmer and cook for 30 minutes or until the soup is thick and the farro is tender. Taste for seasoning. Sprinkle with the cheese and serve hot.

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1 medium onion, chopped

1/4 cup extra virgin olive oil 1 garlic clove,

minced 2 medium potatoes, peeled and chopped

1 carrot, peeled and chopped

1 cup pearled farro (about 6 ounces)

6 cups water

Salt 8 ounces kale or Tuscan kale, cut into 1/2 inch

strips 1 cup canned tomatoes, chopped Pinch of crushed red pepper

1/3 cup freshly grated pecorino cheese

Recipe adapted from [The Italian Vegetable Cookbook](#) [3] by Michele Scicolone.

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Links

[1] <http://newsite.italy.org/files/michelescicolone1429832646jpg>

[2] <http://en.wikipedia.org/wiki/Tuscany>

[3] <http://www.amazon.com/The-Italian-Vegetable-Cookbook-Antipasti/dp/0547909160>