

## *Creamy Farro with Honey-Roasted Grapes*

**Serves 4**

### **farro**

*2 cups water*

*1 cup farro*

*1 teaspoon anise seeds*

*1 (1-inch) piece cinnamon stick*

*Pinch of fine sea salt*

### **roasted grapes, and □to finish**

*3 cups seedless red grapes □ (1<sup>1</sup>/<sub>4</sub> pounds)*

*1 teaspoon extra-virgin olive oil*

*4 tablespoons honey, plus extra for serving*

*1/2 cup heavy whipping cream or half-and-half*

*1/2 teaspoon vanilla extract*

*Ground cinnamon, for sprinkling*

- 1** To prepare the farro, bring the water, farro, anise seeds, cinnamon stick, and salt to a boil in a heavy-bottomed 4-quart saucepan. Decrease the heat to maintain a simmer, cover, and cook until the farro is tender but still slightly chewy, 20 to 25 minutes. Remove the cinnamon stick, drain any remaining liquid, and return the farro to the saucepan.
- 2** Meanwhile, prepare the roasted grapes. Position a rack 6 inches from the heat source and preheat the broiler for 5 minutes. Spread the grapes on a large rimmed baking sheet. Drizzle with the olive oil and 2 tablespoons of the honey and toss to combine. Broil until the grapes just start to shrivel and release some juices as they burst, 5 to 7 minutes. Immediately transfer the grapes with their juices to a heatproof bowl.
- 3** To finish, add the cream and vanilla extract to the farro and bring to a boil over medium heat, stirring frequently. Cook until the cream thickens slightly, 3 to 5 minutes. Stir in the remaining 2 tablespoons honey, add the grapes with their juices and cook just long enough to reheat the fruit, about 2 minutes. Divide among bowls, sprinkle with cinnamon, and serve warm with more honey on the side.

**to get a head start:** Make the farro, as in step 1, ahead (see page 25). The grapes can also be roasted 1 day ahead. Chill, covered.

**to vary it:** If you like a bit more chewiness, try other berries from the wheat family such as spelt, Kamut, or soft whole wheat. You will need a scant 3 cups (for cooking instructions, see page 25).

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*From “Ancient Grains for Modern Meals: Mediterranean Whole Grain Recipes for Barley, Farro, Kamut, Polenta, Wheat Berries, & More”*

