



Farro and Kale Soup

Serves 6

You can vary this delicious and rustic soup by adding a diced potato in with the farro. Adding a soft-poached egg on top makes this soup a complete meal.

Ingredients

1 medium leek, white and light green parts only
2 celery stalks, coarsely chopped
1 large carrot, coarsely chopped
1 small onion, coarsely chopped
3 cloves garlic
¼ cup extra virgin olive oil
A ¼" thick slice pancetta, cut into ¼" dice
1 tsp kosher salt
6 cups homemade chicken broth
15 oz. canned Italian plum tomatoes, chopped
1 cup farro
1 bunch lacinato or nero di toscana kale, stemmed and chopped into ¼" wide strips
Parmigiano reggiano, freshly grated
Coarsely ground fresh black pepper

Method

Cut the leek in half lengthwise and rinse well. Chop the white and light green parts coarsely. Pulse the leek, celery, carrot, onion and garlic in a food processor until finely chopped.

Heat the oil in a large enameled cast iron or other heavy pot over medium-high heat. Add the pancetta and sauté until it has rendered most of its fat and is golden. Add the chopped vegetables and the salt. Cook, stirring occasionally, without browning, until the vegetables start to soften, 4 or 5 minutes. Add the tomatoes and 1 cup of broth and stir to dissolve and continue to cook, stirring occasionally, until the liquid has almost evaporated, about 20 minutes.

Add the remaining 5 cups of broth, farro and kale, bring to a simmer, and cook, stirring occasionally, until the farro is tender, about 20 to 25 minutes. Season to taste with salt.

Serve with a drizzle of olive oil, grated cheese, and a sprinkle of sea salt and pepper.