

Freekeh Risotto

Vegetable Broth:

Vegetable Scraps (thyme, oregano, carrot tops and ends, onion tops, parsley stems, zaatar leaves, tomato cores, celery bits)

Water

Put all the vegetables and herbs in a pot and cover with water. Boil for 45 minutes. When done, strain and reserve the quantity needed. The rest can be stored in the fridge or freezer.



Risotto:

6 cups vegetable & herb broth
A few leaves of sage
1 tablespoon saffron threads
3 tablespoons olive oil
2 small yellow onions, minced
Pinch of ground cardamom
Pinch of ground ginger
2 cups Freekeh (rinsed)
1 cup Taybeh Sauvignon Blanc (if not available, use a good quality crispy, high acidity white wine)
½ cup Baladi Cheese
1 tablespoon olive oil
Coarse Dead Sea Salt
Freshly ground white pepper



Directions:

Put the vegetable broth, the sage leaves and the crushed saffron threads in a pot and heat on medium heat.
In a large pot, heat the olive oil, and then the onions. Cook until soft. Add the cardamom and ginger.
Add the freekeh. You need to rinse the freekeh beforehand and remove the small stones.
Stir the freekeh in the olive oil and onion mix for 3 to 4 minutes.
Add the Sauvignon Blanc wine. Cook until the wine has evaporated.
Add ½ cup warm broth. Cook while stirring until absorbed.
Continue adding ½ cup broth at a time and stirring until evaporated.
When the freekeh is cooked and creamy, remove from the heat, stir in the olive oil, baladi cheese and salt and pepper to taste.