



Delicata Farrotto with Balsamic Gastrique & Goat Cheese

Recipe courtesy of UConn Dining Services | dining.uconn.edu/recipes

Makes 12 - 6oz servings

Balsamic Gastrique

Makes about 1 cup

16 ounces balsamic vinegar

2 ounces granulated sugar

Whisk together vinegar and sugar in sauce pot and place on medium heat.

Simmer gently until sugar dissolves and mixture is reduced by half, stirring occasionally. It should be a syrupy consistency. Set aside and allow it to cool.

Roasted Delicata Squash

2 ½ pounds Delicata Squash, deseeded and diced

6 tablespoons olive oil

2 ounces garlic cloves, chopped

¾ teaspoons Kosher Salt

Pinch Black pepper

2 tablespoons fresh basil

2 tbsp honey

½ tablespoon Coriander

2 ounces baby kale

In a large bowl mix together delicata, olive oil garlic cloves, basil, salt and pepper.

Pour onto sheet pan and roast at 400 degrees for 20 minutes until tender.

Fold in honey, coriander, baby kale and roasted delicata, into farro and hold warm for service.

Farro

2 tablespoons olive oil

4 ounces onions, ¼ inch dice

¾-pound (semi peeled) farro

2 tablespoons white wine

5 cups of water

1 ½ teaspoons of vegetable base

½ teaspoon kosher salt

¼ teaspoon black pepper

Add olive oil to a large pot over medium-high heat.

Cook onions, stirring occasionally until lightly browned.

Add farro and stir cooking for one-two minutes.

Add wine, stirring until reduced for about one minute, then add water, vegetable base, salt and pepper.

Bring to a boil, decrease heat, and simmer until grains are tender and water is absorbed, about 20-25 minutes.