



Delicata Farrotto with Balsamic Gastrique & Goat Cheese

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

Makes 12 - 6oz servings

Award-winning - This recipe received Gold in the 2025 National Association of College and University Food Services Nutrition Awards - Local category.

Balsamic Gastrique

Makes about 1 cup

16 ounces balsamic vinegar

2 ounces granulated sugar

1. Whisk together vinegar and sugar in a saucepan and place over medium heat.
2. Simmer gently until the sugar dissolves, and the 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 of black pepper

2 tablespoons fresh basil

2 tbsp honey

½ tablespoon coriander

2 ounces baby kale

1. In a large bowl, mix together delicata, olive oil, garlic cloves, basil, salt, and pepper.
2. Pour onto the sheet pan and roast at 400 degrees for 20 minutes until tender.
3. Fold in honey, coriander, baby kale, and roasted delicata into the farro,

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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

1. Add olive oil to a large pot over medium-high heat.
2. Cook onions, stirring occasionally, until lightly browned.
3. Add farro and stir cooking for one-two minutes.
4. Add wine and cook until reduced for about 1 minute, then add water, vegetable base, salt, and pepper.
5. Bring to a boil, decrease the heat, and simmer until the grains are tender and the water is absorbed, about 20-25 minutes.