

Zuppa di farro with Anchovies essence

- 2 cups cooked farro, water removed
- Olive oil
- 3 anchovy pieces, chopped
- Sea salt (pinch)

Method:

Cook farro for 20/25 minutes in a big pot with water. After cooked drain water, rinse spelled and transfer to saucepan. Pour fresh water over spelled (enough to cover). Bring pot to boil. Reduce to low heat until farro is al dente. Drain immediately and put farro aside. Use leftover hot water from farro in 4 bowls. Add farro, chopped anchovies and serve immediately.