

Farro and Fish adapted from a Lidia Bastianich recipe

100g farro

335 g water, plus more as necessary

½ teaspoon kosher salt, divided

2 tablespoons plus 2 teaspoons extra-virgin olive oil

1 garlic clove, sliced

¼ teaspoon Aleppo pepper

One 15-ounce can diced tomatoes, slightly drained

1 tablespoon capers, drained (chopped if large)

6-ounce can of tuna or 3.75-ounce can of sardines, drained

1 tablespoon fresh Italian parsley, chopped

Rinse and drain the farro. Bring it to a simmer in the water along with ¼ teaspoon kosher salt, and 2 teaspoons of olive oil. Cook until the grains are almost cooked through (still a little al dente), and the water is absorbed. Add more water if necessary.

Heat 2 tablespoons olive oil over medium-high heat. When it starts to shimmer, add the garlic and aleppo, stirring until the mixture is very fragrant, 30 seconds to a minute. Add the tomatoes, ¼ teaspoon kosher salt, and the capers. Bring to a simmer.

Add the cooked and drained farro. Return to a simmer and cook, stirring frequently until the farro is cooked through. Add the canned fish, breaking it into big flakes. Simmer about 5 minutes, until the fish is hot, stirring occasionally. Taste to correct seasoning. Serve, garnished with parsley.