

## BUONA DOOMENICA

### **BUDINO DI FARRO | SWEET BAKED FARRO PUDDING**

This sweet, slow-baked pudding, originally published in my book [\*Big Night In\*](#), is similar to rice pudding, with a slightly earthier flavor. The farro is baked in cinnamon- and lemon-infused milk (or a mix of milk and cream) for several hours in a low-temperature oven, with nothing more than a little stir now and again to help it along. It takes a while, but it is easy to make and well worth the wait, for what emerges is a lovely, thickened cream the color of *caffè latte*, in which the fat grains of farro are suspended like rough-textured pearls.

You can enjoy the pudding warm, as you might be inclined to do in winter. But, again, you will be rewarded if you wait a few more hours and allow it to chill completely in the refrigerator. Eaten cold, this pudding is a luscious treat any time of year, a mood lifter with its flowery aroma of cinnamon and citrus, cool and soothing by the spoonful. Serve it topped with a drizzle of fresh cream or a dollop of whipped cream. Or go fancy and top it with toasted coconut flakes, caramelized banana slices, or roasted grapes.

Makes 6 (or more) servings

### INGREDIENTS

1/2 cup (90 g) semi-pearled or pearled farro, rinsed and drained  
4 cups (1 L) whole or reduced-fat milk, or 3 1/2 cups milk (370 ml) and 1/2 cup (120 ml) heavy or light cream  
1/2 cup sugar  
1/4 teaspoon fine sea salt  
1/4 teaspoon ground cinnamon, plus more for sprinkling  
2 (3-inch) strips lemon peel  
1 vanilla bean, split lengthwise  
Vegetable oil for coating the baking dish  
Cold heavy cream or whipped cream for serving (optional)

### INSTRUCTIONS

1. Place the farro in a medium-sized saucepan and add water to cover by 2 inches. Bring to a boil and boil for 2 minutes. Remove the pan from the heat, cover, and let sit for 15 minutes. Drain the farro in a colander and transfer it to the work bowl of a food processor fitted with the metal blade. Pulse just until the grains are coarsely ground, 30 to 45 seconds.
2. Heat the oven to 275° F (135° C). In a large bowl, combine the farro, milk, sugar, salt, cinnamon, and lemon peel. Scrape the seeds from the vanilla bean into the mixture and add the pod as well. Mix well. Coat a 2-quart (2 L) oven-proof baking dish with a little oil—I use a soufflé dish. Pour the mixture into the dish and place in the oven. Bake the pudding, uncovered, for 3 1/2 to 4 hours, until thickened and creamy. Stir it briefly every hour or so to prevent a skin from forming. If there is a skin, just stir it back into the pudding.
3. Remove the pudding from the oven. Discard the vanilla pod and the lemon peel if you can locate the peel; otherwise leave it in. Place a sheet of plastic wrap directly over the top of the pudding and refrigerate until thoroughly chilled.
4. To serve, spoon the pudding into individual custard cups and garnish with a drizzle of cream or dollop of whipped cream, if you like, and a sprinkle of cinnamon.