

•Virtual Cooking Class Materials•

Cozy Fall Comfort Food

Thanks so much for signing up for my virtual cooking class with your library! This PDF contains everything you need to get prepared for us to cook together!

•**PRO TIP: print out the recipe card to keep it handy during class!**•

A quick note about farro: Different types of farro have different cooking times. I like to get a “quick cooking” type that boils up in just 10 minutes. Follow your package instructions.

Please read through the **recipe cards** (page 2 of this PDF) in advance and **have all of your cookware/tools and ingredients out and ready to go** when class starts if you're cooking along with me.

In addition to the ingredients, here's a list of the cookware/tools you'll need:

- Oven and stovetop
- Slotted spoon
- Cutting board
- Chef's knife
- Measuring cups and spoons
- 2 large, rimmed baking sheets
- Large pot
- Medium pot
- Colander or mesh strainer
- Spatula
- Large bowl
- Medium bowl
- Whisk
- Ice



If you have any questions, comments, or concerns, feel free to email me at bigflavorstinykitchen@gmail.com.

See you in the kitchen!

-Ashley Covelli

P.S. If you're still craving more, you can [click here to sign up for Extra Helping](#), my **free newsletter**. You'll get delicious recipes, cooking tips, and exclusive content delivered **straight to your inbox** once a week!

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Farro Grain Bowls with Roasted Veggies

Recipe from [Big Flavors from a Tiny Kitchen](#)

Category: Main Dish

Makes: 4 Servings

Prep Time: 15 Minutes

Cook Time: 25 Minutes

Total Time: 40 Minutes

Shopping online? Visit [the Big Flavors Amazon shop page](#) to stock up on ingredients and kitchen tools!

Ingredients

2 cups farro (see notes on page 1)
4 large eggs
1 delicata, carnival or acorn squash, halved, seeded,
and cut into 1/2-inch thick slices
1 pound Brussels sprouts, trimmed and halved
1/4 cup olive oil, divided
Kosher salt and freshly cracked black pepper, to taste
4 radishes, thinly sliced

For the Vinaigrette:

1/4 cup capers, roughly chopped
1/4 cup Dijon mustard
1/4 cup chopped parsley
2 tablespoons white wine vinegar
1/2 cup olive oil
Freshly cracked black pepper, to taste

Instructions

1. Preheat oven to 400°F.
2. To cook farro: bring large pot of water to a boil. Once boiling, add farro and cook according to package instructions. Drain well.
3. To soft-boil eggs: bring a medium pot of water to a boil. Gently lower eggs into the boiling water and cook for 7 minutes. Remove to an ice bath with a slotted spoon and set aside.
4. Meanwhile, place squash on a large, rimmed baking sheet. Place Brussels sprouts on another large, rimmed baking sheet. Drizzle 2 tablespoons oil over each tray of veggies and season with salt and pepper. Toss to coat, then spread the veggies into a single layer. Place both baking sheets into the preheated oven for 20 minutes. Flip the squash and return to oven for an additional 5 minutes. The veggies should be browned around the edges and fork tender.
5. While the farro is cooking, in a large bowl, whisk together the chopped capers, Dijon, parsley, vinegar, 1/2 cup olive oil, and black pepper. Take 1/3 cup of the vinaigrette out to serve alongside grain bowls. Place the drained farro into the bowl of vinaigrette while it's still warm and toss well to combine. Taste the mixture and season with additional salt and pepper if necessary. (I found that another round of seasoning here really makes a difference!)
6. To serve: divide the farro between 4 large bowls. Divide the roasted squash, Brussels sprouts, and radishes between the bowls. Peel and halve each egg and place it on top of the bowl. Serve with additional vinaigrette alongside.

Recipe from Ashley Covelli at
Big Flavors from a Tiny Kitchen



Get more recipes online at:
bigflavorstinykitchen.com