

Sweet and Spicy Farro, with apples and cashews

This recipe started out as a side dish but morphed into a breakfast, which is where it should remain. Please make it in advance, then add a bit of milk and brown sugar to taste in the morning and pop it in the microwave to heat thoroughly. Watch the cayenne, or you'll cry hot, fiery tears.

Makes 4 servings, or breakfast for one for four days

1 cup semi-pearled farro
2 teaspoons butter
2 medium apples, cored but peel left on, diced
1/2 cup roasted, unsalted cashews
1/4 teaspoon cinnamon
1/8 teaspoon cardamom
Pinch black pepper and pinch cayenne
1/2 teaspoon salt
1/4 teaspoon lemon juice
Additional cinnamon, plus brown sugar and milk for serving

Place farro in a medium saucepan and cover with cold water by about one inch (about 3 cups water). Set over high heat and bring to a boil. Reduce heat and simmer gently until grains are tender, about 20 minutes. Drain in a colander, and dry the pot.

In the same pot, melt the butter over medium heat. Add the apples, cashews, spices, salt, and lemon juice, and raise heat to medium high. Cook, stirring occasionally, until the liquid evaporates and the apples soften and begin to brown, about 8 minutes. Add to the farro.

If making in advance (as recommended), cool completely and store, covered, in the fridge. In the morning, dole out a portion and microwave with a healthy glug of milk. Sweeten with brown sugar and sprinkle with additional cinnamon, if desired.