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A French-Inspired Dish with Freekeh and Snap Pea Puree

By Susie Iventosch



Freekeh Risotto with Fresh Snap Pea-Asparagus Puree Photo Susie Iventosch

with fresh asparagus and snap pea puree. It was so interesting, garden-fresh and delicious that I knew it would be the next food column, if only I could figure out how to make it! The recipe was not forthcoming, but this dish closely resembles theirs. My main course was a whimsical stack of lamb "done two ways," with eggplant, but this shall have to wait for another column.

Freekeh is a high-fiber whole grain, made from green wheat, and roasted to a slightly smoky flavor. It is used in salads, pilafs or even risotto such as this, and can be found in the specialty rice section of the grocery store. I used Bob's Red Mill cracked Freekeh for this recipe.

What made this dish especially timely is that we also have fresh snap peas growing in our vegetable garden, which are so sweet and crisp, and usually never even make it to the kitchen from the garden because they are so irresistible. But do save some, as they are perfect in this recipe.

My mom and I just returned from a trip to France to visit my brother who lives on the island of Corsica. After a few days in Paris, we ventured down to a delightful little jewel of a town in Provence called L'Isle sur-la-Sorgue. The town truly is situated on an island in the middle of the river, and we stayed at an inn, La Prevote, which also spans a small portion of the river, with a little waterway right under the bar! It was formerly a convent, and therefore situated directly adjacent to the Catholic church.

The owners completely renovated the crumbling old convent 12 years ago, in keeping the original style, but with the modernities of electricity and running water. It was beautiful and charming. As with many of the French inns, the restaurant is a gastronomic adventure and this meal did not disappoint.

The first dish I selected was Freekeh risotto

Reach the reporter at: suziven@gmail.com

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