

# Summer Ciambotta Stew

*with Heirloom Eggplants, Romano Beans & Farro*

Ciambotta is a classic Southern Italian vegetable stew. It has always been made with fresh ingredients, which change with the seasons. In this summer version, we're using yellow squash, flat Romano beans and heirloom eggplants, all of which are at their best in the warm weather. Depending on what's ripest near you, you may receive either white or purple eggplants. Either way, their creamy texture and summery flavor add an incredible seasonal touch to this dish. Enjoy, chefs!



## Ingredients

- 1 Cup Semi-Pearled Farro
- 6 Ounces Romano Beans
- 2 Heirloom Eggplants
- 1 Tomato
- 1 Lemon
- 1 Red Onion
- 1 Summer Squash
- 1 Bunch Basil

## Knick Knacks

- 2 Tablespoons Butter
- ¼ Cup Grated Parmesan Cheese
- 2 Teaspoons Ciambotta Spice Blend  
(Whole Fennel Seeds, Crushed Aleppo Pepper, Ground Bay Leaf & Garlic Powder)

**Makes 2 Servings**

**About 680 Calories Per Serving**

**Prep Time: 15 min | Cook Time: 25 to 35 min**





1



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Cut off and discard the stem ends of the Romano beans; cut the Romano beans into 2-inch pieces on an angle. Core and medium dice the tomato. Remove and discard the stem end of the eggplants; medium dice the eggplants. Remove and discard the stem end of the squash; medium dice. Quarter and deseed the lemon. Pick the basil leaves off the stems; discard the stems. Medium dice the onion.

2



## Cook & dress the farro:

Add the **farro** to the pot of boiling water. Cook 18 to 20 minutes, or until tender. Turn off the heat. Drain the cooked farro thoroughly and return to the pot. Stir in **the juice of 2 lemon wedges** and a drizzle of olive oil; season with salt and pepper to taste.

3



## Cook the eggplants:

While the farro cooks, in a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **eggplants** in a single layer and season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until browned and softened. (If the pan seems dry, add an additional teaspoon of olive oil.) Transfer to a bowl. Wipe out the pan.

4



## Start the stew:

While the farro continues to cook, in the pan used to cook the eggplants, heat 2 teaspoons of olive oil on medium-high until hot. Add the **Romano beans, squash and onion**; season with salt and pepper. Cook, stirring occasionally, 7 to 9 minutes, or until the squash and onion have softened.

5



## Add the eggplants, tomato & spice blend:

Add the **cooked eggplants, tomato, spice blend** and  $\frac{3}{4}$  cup of **water** to the pan of vegetables; season with salt and pepper. Cook, stirring occasionally, 11 to 13 minutes, or until the Romano beans are tender and the stew has thickened. Remove from heat and season with salt and pepper to taste.

6



## Finish the stew & plate your dish:

Off the heat, add the **butter, Parmesan cheese, half the basil and the juice of the remaining lemon wedges** to the pan of stew. Stir to combine and season with salt and pepper to taste. Divide the **dressed farro and finished stew** between 2 dishes. Garnish with the **remaining basil** (tearing just before adding). Enjoy!