

FARRO PERLATO MONOCOCCO BIOLOGICO



CODE 96281

COUNTRY OF ORIGIN Italy, Umbria

WEIGHT 500 g

Pearl emmer grown organically

DESCRIPTION	Pearl emmer
APPEARANCE	Mottled brown grains
TASTE	Delicate of toasted cereal
PRODUCER	BioAlberti - Poggio Aquilone (TR) - Umbria
OUR SELECTION	BioAlberti is an agricultural company, entirely organic, immersed in the rolling Umbrian hills in the locality of Poggio Aquilone and extends over an area of 560 hectares between the province of Perugia and the province of Terni
CURIOSITY	Pearl emmer or small spelled is the oldest cereal in the world that was abandoned due to its low productivity. From the point of view nutritionally, the cereal has a high protein content and a low carbohydrate content
SUGGESTIONS	It can be used in the preparation of soups, risottos and cold salads; no need for preliminary soaking and has a cooking time of about 30 minutes
