

# FARRO PERLATO MONOCOCCO BIOLOGICO



CODE	96304
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COUNTRY OF ORIGIN	Italy, Umbria
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WEIGHT	400 g
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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