



## Terra Rossa Freekeh - The new must-have ingredient!

The Middle-Eastern grain Freekeh is causing quite a stir in the British culinary world, revered for its slightly nutty, wonderful earthy flavour and stuffed to bursting with protein, minerals and vitamins.

However, whilst Freekeh is the sexy new must-have ingredient spouted about by chefs across the country, this extremely nutritious and wholesome grain has been a staple food for Middle Eastern people since 2300 BC.

Freekeh is wheat that is harvested young whilst it is still green and moist before sun-drying and then roasting. The name comes from the Arabic word 'Al-fark' from rubbing the wheat heads in order to separate the Freekeh from the chaff. Freekeh is available in cracked and wholegrain varieties, the only difference being that wholegrain takes slightly longer to cook.

Used in a similar way to quinoa, barley, bulgar or rice, Freekeh is incredibly versatile and wonderful in soups and stews, can be eaten risotto-style or makes delicious salads dressed with flavours such as lemon infused olive oil and sumac, or with Tzatziki yoghurt and cucumber dip. For those wanting an authentic recipe, Freekeh is amazing with Terra Rossa's new Baharat blend of spices and garlic infused olive oil and dressed with pomegranate seeds and toasted pine nuts. It's absolutely delicious served with Terra Rossa's fresh houmous topped with Dukka Harrisa salsa which is packed with the flavours of roasted coriander seeds, fresh chillies, tomatoes and pomegranate molasses.

It's not just the foodies among us who are freaking out about Freekeh either. Now that health fanatics have got hold of its incredible nutritional facts, this wonder wheat is the new buzz word for diet conscious individuals too as it contains no fat, no sugar, is low carb and has a low GI too making it the perfect option for diabetics and slimmers alike.



## Terra Rossa Freekeh



Sumac  
Citrus Berry



Chilli, Basil  
& Garlic  
Oils, Zaatar  
and Manna



Basil &  
Lemon  
Oils and  
Nougat



Basil, Chilli  
& Lemon  
Oils and  
Passata



Lemon Oil,  
Glance Fruits  
and Manna



Evoo &  
Lemon  
Oils



Sinolea  
Oil &  
Zaatar

### Freekeh Recipe with Pomegranate & Pine Nuts

#### Ingredients:

- Freekeh – a handful per person
- 1 Tbsp extra virgin olive oil for each handful of Freekeh
- 2 Fat garlic cloves, mashed
- Salt and pepper
- 1 Tsp Baharat per handful (or Dukka or Garam Masala)
- Vegetable stock (enough to cover Freekeh)

#### Garnish:

- Pomegranate seeds, spring onion and roasted pine nuts

#### Serve with:

- Greek style yoghurt with cucumber and garlic dip
- A Hearty Salad such as Fatoush with Sumac
- Terra Rossa Houmous topped with Dukka Harrisa

1. Soak Freekeh in cold water and wash thoroughly, taking care to remove the stones.
2. Drain as much water as you can and fry Freekeh in extra virgin olive oil until well coated.
3. Add salt, pepper and Baharat (or Dukka or Garam Masala) to taste.
4. Cover with hot vegetable stock or boiling water - about 1cm above Freekeh. Boil for 3 minutes.
5. Reduce heat, cover and simmer for 30 minutes and try to conquer the urge to open the lid and stir!
6. Garnish with pomegranate seeds, spring onions, roasted pine nuts and enjoy with Greek style yoghurt with cucumber dip and salad such as Fatoush and last but not least a generous dollop of Houmous topped with Dukka Harissa.