

Farro Salad

My farro salad is a great dish for a large party. It goes well with different proteins like fish or chicken. It also makes great lunches. It is tasty and filling just by itself

I tried different methods of cooking the farro. The first time I just cooked the farro in water, the second time I roasted the farro in olive oil before I cooked it. The roasting produced a even nuttier and chewier grain. Although I liked it and enjoyed eating it, I think I prefer just simmering it in water. If you decide to roast the farro, just put a generous glug of oil (I used canola oil) into a large frying pan with a lid. Heat the oil until hot and add the farro, stirring often to toast the grain evenly for about 3-5 minutes. Then add the liquid and cook it for about 20-30 minutes, depending on how chewy you like it.

Ingredients

2 cups farro
1 ½ tsp grated orange zest
2-3 TBS orange juice
2-3 TBS lemon juice
2 TBS thinly sliced shallots
1 ½ TBS grated ginger
¼ cup (plus) olive oil
¼ cup golden raisins
¼ cup sour cherries
¼ cup fresh mint
2 TBS cilantro
1 TBS preserved lemons (optional)
salt and pepper to taste

Instructions

Bring a pot of lightly salted water to a boil. Cook covered for 35-40 minutes, depending how crunchy you want your farro. After you finished cooking, drain the farro and make sure to shake off all the excess water.

In the meantime, make the dressing by whisking the orange zest, orange and lemon juices, ginger and oil together. Season with salt. Add the warm farro to the dressing along with the raisins and cherries. Mix well and let it stand to cool. Just before serving, add the scallions, pistachios, mint and cilantro. Season with salt and pepper and extra oil or juice. Serve the salad at room temperature.

Guten Appetit

recipe by *Food and Wine* magazine

adapted by @Sunnycovechef.com

