

BEWITCHING FARRO SALAD

(from my kitchen)

to cook the grain:

1 cup farro (**not** the pearled variety)

2.5 cups water

1/2 tsp salt

for the dressing (it will make more than you need):

1/2 cup olive oil

juice and zest of 1 lemon (or other citric fruits, alone or in combination)

pinch of salt

ground black pepper

for the salad:

asparagus, finely sliced in tiny “coins”

radishes, cut in matchsticks

diced tomatoes

diced cucumbers

minced cilantro (optional)



Cook the farro by mixing it with water and salt in a saucepan, bringing it to a boil and gently simmering it for 45 minutes (or a little longer, taste to decide when it's fully cooked, but don't let it get mushy). If the grain cooks but there's some water left, drain it. Otherwise just fluff it with a fork and allow it to cool to room temperature.

Make the salad dressing by mixing the olive oil with lemon juice, zest, salt and pepper. Reserve. Add the asparagus and radishes to a small bowl and sprinkle with some of the salad dressing, mixing to lightly coat them.

At serving time, mix the cooked farro with the tomatoes, cucumbers, cilantro (if using), the reserved asparagus and radishes. Add more dressing to taste, and adjust the seasoning.