

# FARRO SALAD

SERVES 10, WITH LEFTOVERS

- 3 CUPS FARRO
- 1 ONION, QUARTERED
- 4 CELERY STALKS, 3 FINELY CHOPPED AND 1 LEFT WHOLE
- 3 CARROTS, 2 MINCED AND 1 LEFT WHOLE
- 4 TOMATOES, SEEDED AND CHOPPED
- ½ CUP PITTED GREEN OLIVES, CUT IN HALF
- 2 SHALLOTS, MINCED
- 3 GARLIC CLOVES, MINCED
- ½ CUP EXTRA-VIRGIN OLIVE OIL
- 1 HANDFUL OF BASIL LEAVES, TORN
- 1 BUNCH OF FLAT-LEAF PARSLEY, CHOPPED
- JUICE AND ZEST OF 1 LEMON
- ¼ CUP PINE NUTS, TOASTED
- SALT AND PEPPER TO TASTE

Pour the farro into a 6-quart pot of cold water. Add the onion, the whole celery stalk, and the whole carrot. Bring to a boil, immediately lower to a simmer, partially cover, and cook, stirring now and then, until the farro is done, usually in under an hour. Start tasting after 45 minutes. It should have the same texture as rice. If overcooked, it turns goopy.

While the farro is cooking, mix all the other ingredients in a medium bowl. Drain the farro, and return it to the pot. Discard the cooked vegetables. Add the vegetable mixture to the farro, and toss well. Correct seasonings and serve.

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A scoop of farro salad, tucked into a red radicchio leaf, adds texture to an antipasto platter. Leftover farro keeps in the fridge for three to four days and is handy for wraps. Farro (the grain *Triticum dicoccum*) is no longer difficult to locate. Spelt it's not, though you do see that identification. Farro is an ancient grain that almost fell out of use for centuries and has been restored as a viable crop. Nutty and chewy, it tastes like a cross between brown rice and wheat berries—but, really, it just tastes like farro.

If you use husked *farro perlato*, pearled farro, it will cook in 20 minutes. Look for whole-grain or semi-pearled farro. If the label doesn't say, monitor the cooking time. Farro salad is one of a triumvirate I usually serve at pool and bocce parties, along with a green salad and a fennel and orange salad.

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