



ANSON MILLS

Farro Piccolo Salad

Yield

6 side dish portions

Time

About 20 minutes, not including the farro cooking time

Cooking Remarks

Prepare what vegetables you can while the farro is cooking, beginning with the red onion.

Farro Piccolo cooks quickly! Don't boil it like crazy, and keep an eye on it while it's in the pot. Feel free to use Perfect Basic Slow Roasted Farro in its stead.

Equipment Mise en Place

For this recipe, you will need a small, sharp knife; a chef's knife; a citrus reamer; a small fine-mesh strainer; a vegetable peeler; a rasp-style grater/zester; a small bowl; and a large mixing bowl.

Ingredients

2 or 3 garlic cloves, peeled
2 tablespoons extra-virgin olive oil
2 tablespoons juice from 1 large, juicy lemon
1 recipe Plain and Simple Farro Piccolo
3 tablespoons (1 ounce) minced red onion, soaked in cold water for 30 minutes and drained
Scant ½ cup (2 ounces) minced raw or roasted red bell pepper
¼ cup (1 ounce) minced peeled carrot
1 cup (2.5 ounces) tiny broccoli florets, blanched, drained, and chilled
1 teaspoon finely grated lemon zest
Fine sea salt and freshly ground black pepper
3 cups loosely packed (1 ounce) baby arugula
¼ cup (0.5 ounce) basil leaves, julienned

Directions

- 1.** To make the vinaigrette, crush the garlic cloves with the side of a chef's knife and toss them into a small bowl. Add the olive oil and lemon juice and stir briskly to combine.
- 2.** Turn the farro into a large mixing bowl. Add the red onion, bell pepper, carrot, broccoli, and lemon zest and toss to combine. Sprinkle with salt and pepper and toss. Pour the vinaigrette through a fine-mesh strainer directly onto the salad. Add the arugula and basil and toss to combine. Taste for seasoning, adjusting as you like. Serve right away.