

# Salt and Serenity

## Greek Farro Salad

Serves 4

### **For Salad:**

- 1 cup uncooked farro
- 1/2 small red onion
- 1 clove garlic
- small handful of fresh parsley, leaves and stems
- 1/4 teaspoon Kosher salt
- 1/4 cup Kalamata olives, pitted and halved
- 4 small Lebanese or Israeli cucumbers, (or 1 English cucumber) diced into 1/2 inch cubes
- 3 cups grape tomatoes, (mixed colours if you can find them), cut into quarters
- 6 small radishes, thinly sliced
- 2 Belgian endives, sliced
- 1 tablespoon finely chopped parsley
- 1 tablespoon finely chopped fresh basil
- 1/2 cup crumbled feta cheese
- Kosher Salt and Freshly ground pepper, to taste

### **For pickled onions:**

- 1/4 cup red wine vinegar
- 1/4 cup water
- 1 tablespoon kosher salt
- 1 1/2 teaspoons sugar
- 1/2 small red onion, thinly sliced

### **For Dressing:**

- 1/2 cup olive oil
- 2 tablespoons water
- 1 teaspoon dried oregano
- 1/2 teaspoon fresh oregano
- 1/4 teaspoon citric acid
- 1/4 cup feta brine
- pinch freshly ground black pepper

1. Add the farro, one onion half, garlic, handful of parsley and salt along with 1 1/2 cups water to a medium sized pot. Bring to a boil, then cover, reduce to a simmer, and cook for 10 minutes. Turn off burner and let sit, covered, for 5 more minutes. Discard the onion, garlic and large pieces of parsley. Spread out on a rimmed sheet pan and let cool completely.
2. While farro is cooking, pickle red onions. Combine red wine vinegar, water, salt and sugar in a bowl and add thinly sliced red onion. Mix well. Set aside.
3. Make dressing; combine all ingredients in blender on high speed until smooth. Set aside.
4. In a large bowl add cooled farro, olives, cucumber, tomatoes, radishes, Belgian endive, chopped parsley and basil. Drain pickled onions, discarding liquid, and add to vegetables in the bowl. Add a few tablespoons of dressing and toss to combine.
5. Top with crumbled feta and serve.

Notes:

- If you prefer, arrange all the ingredients separately on a platter for a composed salad and drizzle with dressing.
- Farro can be cooked one day ahead of time. After cooling, cover and refrigerate.
- Pickled onions can be prepared one day ahead of time. Let onions sit in pickling marinade for no longer than an hour, then drain, cover and refrigerate.
- Dressing can be made a day ahead and covered and refrigerated.