

# Salt and Serenity

## Winter Farro Salad

Adapted from the recipe for *Apple Cider Cooked Farro* in the November 2014 issue of Bon Appetit magazine.

### Serves 4

¼ cup red wine vinegar  
¼ cup water  
1 tablespoon Kosher salt  
1 teaspoon white sugar  
¼ small red onion, thinly sliced  
1 bay leaf  
1 cup apple cider  
3 cups water  
1 teaspoon Kosher salt  
1 cup farro  
2 tablespoons apple cider vinegar  
2 tablespoons olive oil  
Freshly ground black pepper  
½ small celery root (celeriac), peeled, cut into matchsticks  
1 medium apple, cored, cut into matchsticks (Honeycrisp is good)  
½ cup fresh parsley leaves with tender stems, coarsely chopped  
½ cup pitted and quartered Kalamata olives  
1-2 tablespoons fresh lemon juice (optional)  
1 ounce Pecorino Romano cheese, shaved (optional)  
¼ cup toasted pinenuts

1. Combine red wine vinegar, water, salt and sugar. Add sliced red onion and let pickle for 30 minutes. Drain onions; discard liquid and set drained red onions aside.
2. Combine bay leaf, apple cider, water and salt in a medium saucepan. Bring to a boil, reduce heat to medium-high, and add farro. Simmer until al dente, 25–30 minutes; drain. Spread out on a rimmed baking sheet and set aside to cool.
3. Toss farro, vinegar, and oil in a large bowl. Add celery root, apple, pickled onions, parsley and olives and toss. Taste. If you like a more acidic salad, mix in optional lemon juice. Add Pecorino, (if using) and pinenuts and toss once again; season with salt and pepper. Serve.