

# Salt and Serenity

## Farro Salad with Pomegranate, Pistachios and Ricotta Salata

Serves 4

1 cup farro  
½ teaspoon Kosher salt  
1 ½ cups water  
1 ½ cups chicken or vegetable stock  
1 garlic clove, lightly crushed  
1 bay leaf  
4 stems Italian parsley (no leaves)  
4 tablespoons extra-virgin olive oil  
2 tablespoons lemon juice  
1 shallot, finely diced  
½ teaspoon Kosher salt  
¼ teaspoon freshly ground black pepper  
¼ cup coarsely chopped fresh Italian parsley  
⅓ cup pomegranate seeds  
⅓ cup shelled pistachios, toasted and coarsely chopped  
3 ounces ricotta salata or feta cheese, diced into ½ inch cubes

1. In a medium sized saucepan add farro, salt, water, stock, garlic, bay leaf and parsley stems. Bring to a boil. Reduce heat, cover pot and simmer for 15-20 minutes. Check farro at 15 minutes. Taste a few grains. It should be al dente. If still quite firm, cook for 5 more minutes and check again. If all the liquid has evaporated and it is still not done, add ½ cup more water, cover and continue cooking.
2. Spread cooked farro out onto a baking sheet to cool slightly.
3. Whisk olive oil and lemon juice together in a medium sized glass measuring cup or mixing bowl. Whisk in shallots and salt and pepper.
4. Mix together cooled farro, parsley, and pomegranate seeds. Add half the lemon vinaigrette and taste.
5. Just before serving, sprinkle pistachios and cheese on top of salad and taste. Salad. Add additional dressing, salt and pepper if desired.

