

# Salt and Serenity

## Autumn Grain Bowl

Adapted from recipe for Cracked Farro and Broccoli Salad in the May 2016 issue of Bon Appetit magazine

Serves 4

1 cup farro  
½ teaspoon kosher salt  
½ small red onion, very thinly sliced  
¼ cup red wine vinegar  
¼ cup water  
1 Tablespoon kosher salt  
1 teaspoon sugar  
1 large egg yolk  
1 ½ teaspoons anchovy paste  
2 tablespoons fresh lemon juice  
2 tablespoons white wine vinegar  
½ teaspoon sugar  
¼ teaspoon Dijon mustard  
1 garlic cloves, peeled  
¼ cup vegetable oil  
¼ cup olive oil  
1 teaspoon dried oregano  
¼ teaspoon freshly ground black pepper  
1 small head of broccoli  
8 Brussels sprouts, thinly sliced  
2 Lebanese cucumbers, diced into ½ inch pieces  
1 small jalapeno pepper, seeds removed, finely diced  
14 mint leaves, thinly sliced  
5 radishes, thinly sliced  
2 ounces Parmesan cheese, thinly sliced with vegetable peeler

1. Combine the farro and enough cold water to cover it by about an inch. Soak for 20 minutes. Drain well and return the farro to the pan, again covering it with cold water. Add ½ teaspoon kosher salt and bring to a boil over high heat. Lower the heat, cover and simmer for 20 minutes, until the farro is tender but still has some bite. Drain farro and spread out on a baking sheet to cool.
2. In a small bowl, whisk together the vinegar, water, salt and sugar together. Add the shallots and let them “pickle” for about 30 minutes. Drain shallots and discard pickling liquid.

3. Place egg yolk, anchovy paste, lemon juice, vinegar, sugar, mustard, and garlic clove in a blender. Blend on medium speed for about 15 seconds, until combined. With motor running, gradually stream in vegetable oil and olive oil and blend until dressing is emulsified and creamy. Add oregano and black pepper and run blender for another 10 seconds. Transfer dressing to glass jar and set aside.
4. Thinly slice broccoli florets. The broccoli will crumble and you will have tiny pieces of broccoli florets. This is what you want. Stop slicing once you get to the stems. Peel broccoli stems to remove the woody exterior. Thinly slice broccoli stems.
5. Place broccoli florets, stems, sliced Brussels sprouts, cucumber, jalapeno, mint, sliced radishes, pickled red onions and shaved Parmesan in large mixing bowl. Add  $\frac{1}{4}$  cup dressing and toss well. Taste and add additional dressing if desired. Transfer to serving bowl.
6. Transfer farro to serving bowl. Bring salad and farro to table. I like to serve this in small bowls. Put about  $\frac{1}{2}$  cup farro in each bowl and spoon salad over farro.