

Salt and Serenity

Grilled Asparagus and Farro Salad

Adapted from Melissa Clark's recipe for Roasted Asparagus and Scallion Salad (cooking.nytimes.com)

Serves 4 as a side dish

1 Tablespoon kosher salt

1/3 cup farro

2 teaspoons soy sauce

2 teaspoons lime juice

1 small garlic clove, grated on a Microplane or minced

1/4 teaspoon freshly ground black pepper

3 tablespoons extra-virgin olive oil

1 bunch asparagus (1 pound), woody ends trimmed and peeled

1 bunch green onions

1 tablespoon extra virgin olive oil

1/2 teaspoon soy sauce

1/4 teaspoon freshly ground black pepper

4 ounces (4 cups) arugula

1 small head radicchio, halved and sliced crosswise into 1/4-inch strips

Parmesan Reggiano cheese, for shaving over top of salad

1. Fill a small pot with water, add salt and bring to a boil. Add farro, cover, and simmer until al dente, about 20 minutes. Depending on the brand of farro, it could take a few minutes more.
2. While farro is cooking, prepare dressing. Whisk together 2 teaspoons soy sauce, lime juice, garlic, and pepper. Drizzle in 3 tablespoons oil, whisking constantly.
3. Drain farro and stir immediately into dressing while still warm. You can prepare the freekeh or farro ahead and let it marinate in the dressing for up to six hours.
4. Preheat grill to high. Toss asparagus and green onions with 1 tablespoon olive oil, 1/2 teaspoon soy sauce, and pepper. Grill over medium heat, turning occasionally, until well charred and tender, 2-3 minutes for green onions and 8-10 minutes for asparagus.
5. Toss arugula and radicchio with farro and dressing until leaves are coated, and transfer to serving platter. Top with grilled asparagus and scallions. Using a vegetable peeler shave cheese over salad and serve.

