

Salt and Serenity

Farmer's Market Chopped Salad with Farro

Adapted from the September 2017 issue of Bon Appetite magazine.

Use whatever looks freshest at the market to make this salad. The ingredients listed here are just a suggestion. There is a fair bit of chopping to prepare this salad. The vegetables, farro and dressing can be prepared several days ahead. Place all the veggies together in a Ziploc bag and then combine with dressing, farro, pistachios and cheese, if using, just before serving.

Serves 4

- 2/3 cup farro
- 1 Tablespoon kosher salt
- 4 ounces green beans (about 1 cup), trimmed
- 4 ounces yellow beans (about 1 cup), trimmed
- 2 Tablespoons kosher salt
- 6 ounces sugar snap peas (about 1 cup)
- 1 large head broccoli
- 8 ounces Brussels sprouts (8-10 medium sprouts)
- 4 radishes, halved and thinly sliced
- 3 green onions, white and green parts, thinly sliced
- 1 Tablespoon vegetable oil
- 1 cup corn kernels, cut from 2 ears corn (or frozen)
- 1/2 cup coarsely chopped fresh tender herbs (mix of parsley, basil, mint and dill)
- 2 tablespoons shelled salted toasted pistachios
- 1/3 cup extra virgin olive oil
- 2 tablespoons white wine vinegar
- 2 teaspoons Dijon mustard
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/3 cup shelled salted toasted pistachios,
- 4 ounces ricotta salata or feta cheese, diced into 1/4 inch cubes (optional)

1. Bring a medium sized pot of water to a boil. Add 1 tablespoon kosher salt. Add farro and turn down heat to medium. Cook for 12 minutes and then test the farro. Once it is al dente, drain and spread out on a baking sheet to cool. Set aside.

2. Add fresh water to the pot and bring to a boil. Add 2 tablespoons kosher salt to the boiling water and add yellow and green beans. Boil for 3-4 minutes until no longer raw, but still crunchy. Drain, rinse under cold water and pat dry. Cut beans into 1 inch pieces. Place beans in a large mixing bowl.
3. Thinly slice raw sugar snap peas on the diagonal. Add to mixing bowl.
4. Trim broccoli stalks and peel. Halve head lengthwise. Starting at the crown, thinly slice both halves, including the stalk. Place broccoli in mixing bowl.
5. Cut stem off Brussels sprouts and cut each one in half lengthwise. Thinly slice Brussels sprouts. Place sliced sprouts in mixing bowl.
6. Add radishes and green onions to mixing bowl.
7. Heat a large non-stick sauté pan over medium-high heat. Add vegetable oil and let it heat up for a minute. Add corn kernels and cook, tossing often, until lightly golden brown, about 3 minutes. Season corn lightly with salt and pepper. Set aside to cool. Once cool, add corn to mixing bowl.
8. Place herbs, 2 tablespoons pistachios, olive oil, white wine vinegar, mustard, salt and pepper in blender. Blend, adding water by the tablespoonful if dressing is too thick, until smooth and the consistency of heavy cream.
9. Just before serving mix farro into chopped vegetables. Dress with half the dressing and taste to see if you want more. Season with additional salt and pepper. Scatter remaining pistachios and cheese on salad and serve.