

Salt and Serenity

Farro and Chick Peas with Pickled Shallots

I first had the combination of farro and chickpeas when I was visiting the Italian town of Pitigliano, in Umbria. I loved the combination of the chewy farro and the creamy chickpeas. I learned how to pickle shallots and onions from Deb, over at Smitten Kitchen. (www.smittenkitchen.com)

1 cup farro
4 large shallots, peeled and thinly sliced
1 can chickpeas, rinsed and drained
1 tablespoon lemon juice
1/4 cup red wine vinegar
1/4 cup water
1 tablespoon kosher salt
1 1/2 teaspoons sugar
2-4 tablespoons extra virgin olive oil
freshly ground black pepper and kosher salt to taste

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 a few generous pinches of 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 place in a mixing bowl.
2. In a small bowl, whisk together the vinegar, water, salt and sugar together. Add the shallots and let them "pickle" for about 30 - 60 minutes. Drain shallots and reserve pickling liquid.
3. To the mixing bowl with the farro, add chickpeas and pickled shallots. Mix in 2 tablespoons of olive oil and taste. Add additional olive oil and/or pickling liquid, depending on how you like it. Taste again and season with salt and pepper.