

Salt and Serenity

Springtime Farro Salad

Serves 6

This recipe was originally published in the June 2013 issue of Canadian House and Home magazine.

Farro:

1 ½ cups farro, rinsed
1 small onion, peeled
1 stalk celery, halved
1 small carrot, peeled
1 bay leaf
1 teaspoon kosher salt

Salad:

¾ pound sugar snap peas, strings removed
1 bunch radishes, trimmed, cut into thin slices or wedges
1 green onion, thinly sliced
¼ cup chopped fresh mint
¼ cup extra virgin olive oil
Zest of half a lemon
2 tablespoons lemon juice
Salt and pepper, to taste

1. To cook farro, place all ingredients in a medium pot. Pour in enough water to cover by about 3 inches. Bring to a boil over high heat. Reduce to a simmer. Cook until al dente, about 20-25 minutes. Drain. Transfer farro and vegetables to a baking sheet to cool. Discard vegetables and bay leaf.
2. Prepare a medium sized bowl of ice water. Set aside. Bring a large pot of salted water to a boil. Add sugar snap peas to boiling water. Cook for 1 minute. Drain and immediately plunge into ice water. Cool sugar snap peas, drain and dry them on some kitchen towels. Cut sugar snap peas into 1 inch pieces.
3. In a large mixing bowl, combine farro, sugar snaps, radishes, green onion, mint, olive oil, lemon juice and lemon zest. Mix well. Season with salt and pepper, to taste.

