

from whole cloth

Farro Salad

Serves 4-6 as side dish

1 cup uncooked farro

2 cups chicken stock or broth

2 cups water

1/3 cup pignoli nuts, toasted

1 cup cherry tomatoes, halved

1/4 cup fresh basil chopped or shredded

1 cup fresh mozzarella, cut into bite sized pieces (I use bocconcini and cut in half)

2-3 Tablespoons extra virgin olive oil (the better the quality, the better the undertone of this salad)

Sea salt and fresh ground pepper to taste

Directions:

Soak farro in water for 20 minutes, rinse and drain. Cook farro in large pot with 2 cups chicken stock and 2 cups water – bring to boil, then cover and simmer for about 25 minutes (farro should not be toothsome, but will retain structure). Drain and remove to medium bowl; allow to cool about 10 minutes. Stir in olive oil; then add pignoli nuts, tomatoes, basil and mozzarella and stir well to mix flavors. Add salt and pepper to taste. Allow to sit so flavors meld.

I prefer to eat this salad at room temperature, but it can be made ahead and refrigerated – just be sure to remove and allow it to warm up before serving for full flavor.

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