

Farro Salad with Fresh Herbs and Feta

From Nancy Silverton's *Mozza at Home*

Adapted by Adam Roberts for *The Amateur Gourmet* Newsletter

For the farro:

1 cup farro (I did 2 cups and kept the other proportions the same and it still worked!)
2 tablespoons extra-virgin olive oil
1 tablespoon kosher salt

For the vinaigrette:

¼ cup plus 1 tablespoon red wine vinegar
1 tablespoon fresh lemon juice
2 tablespoons dried oregano
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
2 to 3 medium or large garlic cloves, peeled
½ cup extra-virgin olive oil

For the salad:

½ medium red onion (halved root to tip), peeled
¾ pound Persian or Japanese cucumbers, halved lengthwise and thinly sliced on an extreme bias (about 2 cups)
1 cup small sweet tomatoes (such as Sun Golds, Sweet 100s, or grape tomatoes), halved through the stems
½ cup thinly sliced fresh Italian parsley leaves (from about 1 cup tightly packed whole leaves)
12 fresh basil leaves, stacked and thinly sliced (I used chopped dill instead)
10 to 12 radishes, preferably French breakfast radishes
2 tablespoons fresh lemon juice
1 teaspoon kosher salt
¾ cup crumbled feta cheese (I left this out for our lactose-intolerant guests)

1. To cook the farro, adjust an oven rack to the middle position and preheat the oven to 350 F. Line a baking sheet with parchment paper, if you are using it.
2. Put the farro on the baking sheet, drizzle with 1 tablespoon of the olive oil, and toss to coat the grains. Spread the farro out on the baking sheet and toast in the oven until it's golden brown and slightly fragrant, 8 to 10 minutes, shaking the baking sheet and rotating it from front to back halfway through the cooking time so the farro browns evenly. Remove from the oven.
3. Meanwhile, bring 2 quarts water to a boil in a medium saucepan over high heat. Add the salt and farro and return the water to a boil. Reduce the heat to medium-low and simmer the farro until it is al dente, 18 to 22 minutes. Drain the farro in a colander and transfer to a large bowl. Drizzle the farro with the remaining 1 tablespoon olive oil and toss to coat the grains. Set aside to cool to room temperature.

4. To make the vinaigrette, combine the vinegar, lemon juice, oregano, salt, and pepper in a medium bowl. Using a fine Microplane, grate the garlic directly into the bowl and whisk to combine the ingredients. Add the olive oil in a slow, thin, stream, whisking constantly to emulsify.
5. To prepare the salad, trim and discard the root end of the onion and cut the onion half in half root to tip so it is quartered. Separate the layers of the onion, stack 2 or 3 layers at a time on top of one another, and slice 1/16th inch thick lengthwise. Place the onion slices in a small bowl of ice water and set them aside for 5 to 10 minutes; this draws out some of the bitterness. Before using them, drain them on and pat them dry with paper towels.
6. To assemble the salad, add the cucumbers, tomatoes, parsley, basil, and onion slices to the bowl with the farro. Holding the radishes by the stems, thinly slice on a mandoline or with a sharp knife and discard the stems. Add the radish slices to the bowl with the other salad ingredients.
7. Drizzle the lemon juice and sprinkle the salt over the salad and toss gently to coat the grains and vegetables. Drizzle all but 2 tablespoons of the vinaigrette over the salad. Toss gently to combine the ingredients and coat the salad with the vinaigrette; add the remaining vinaigrette if needed to coat the grains and vegetables and toss again gently. Add the feta and toss gently to distribute the cheese, taking care not to mash it.