



FARRO SALAD WITH TOMATOES, CUCUMBERS AND BASIL

Ingredients:

- 1 cup Farro
- 2 cups water
- 3 T olive oil
- 1 t good wine vinegar
- 1/2 t salt
- 1 cup halved cherry tomatoes
- 1/2 cup chopped Persian cucumber, with skin
- 1/4 cup fresh basil leaves, julienned

Directions: Cook farro in a pan with a tightly-fitting lid — bring to a boil, and reduce heat to a simmer — keep covered pan at a bare simmer until just tender — 10-15 minutes. The liquid should be fully absorbed. Remove from heat and allow to cool before combining with the other ingredients.

Whisk together the vinegar, oil and salt — there should be only a little taste of vinegar. Combine the remaining ingredients, and toss with the cooled farro. Serve relatively soon, before the farro grains soak up too much of the dressing.

Farro is one of those ancient grains which are enjoying new popularity. It's actually a type of wheat, very similar to and often mistaken for spelt, but it is very low in gluten and thus within our guidelines.

The "pearlized" farro cooks quite quickly, and even though it's delicious soft and overcooked, for this salad it needs to be able to keep its shape in a salad dressing.

*Joyful cooking.
Healthy eating.*

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