

Mediterranean Farro Salad

WITH SIMMERED WHITE BEANS



SERVES 4

INGREDIENTS – WHITE BEANS:

- ☐ 1-2 TBSP. OLIVE OIL
- ☐ 1 YELLOW ONION, DICED
- ☐ 1 FENNEL BULB, DICED
- ☐ 4-6 CLOVES GARLIC, MINCED OR SLICED THINLY
- ☐ 1/2 CUP THYME, ROSEMARY, AND/OR SAGE SPRIGS
- ☐ 1 LEMON, ZEST AND HALVED
- ☐ 1/8 TSP. KOSHER SALT
- ☐ 1/8 TSP. BLACK PEPPER
- ☐ 1/8 TSP. RED PEPPER FLAKES
- ☐ 1 BUNCH (8-10 OZ.) KALE, CHARD, OR ESCAROLE
- ☐ 1 (15 OZ.) CAN WHITE BEANS, SUCH AS CANNELLINI OR GREAT NORTHERN, DRAINED AND RINSED
- ☐ 1/2 – 1 CUP CHICKEN OR VEGETABLE STOCK

INGREDIENTS – FARRO SALAD:

- ☐ 1 1/2 CUPS UNCOOKED WHOLE FARRO, RINSED
- ☐ 1/4 TSP. KOSHER SALT
- ☐ 1 PINT CHERRY TOMATOES, HALVED
- ☐ 1 CUCUMBER, DICED
- ☐ 1/2 RED ONION, DICE
- ☐ 2 ROASTED RED PEPPERS, DICED
- ☐ 1/4 PARSLEY, OREGANO, DILL, BASIL OR MINT, LIGHTLY CHOPPED
- ☐ 4 OZ FETA CHEESE, CRUMBLED

INGREDIENTS – DRESSING:

- ☐ 2 TSP. DIJON MUSTARD
- ☐ 1 TSP. ITALIAN SEASONING OR DRIED OREGANO
- ☐ 1/2 SHALLOT, MINCED (OPTIONAL)
- ☐ 3 TBSP. RED WINE VINEGAR
- ☐ 1/8 TSP. KOSHER SALT
- ☐ 1/8 TSP FRESHLY GROUND BLACK PEPPER
- ☐ 1/8 TSP RED PEPPER FLAKES
- ☐ ABOUT 6 TBSP. OLIVE OIL

INSTRUCTIONS:

WHITE BEANS:

1. PLACE A LARGE SKILLET OR DUTCH OVEN OVER MEDIUM HIGH HEAT AND ADD A THIN LAYER OF OLIVE OIL. ADD THE ONION AND FENNEL AND COOK, STIRRING OCCASIONALLY, UNTIL SOFTENED AND LIGHTLY GOLDEN. ADD GARLIC, HERBS, LEMON ZEST AND A PINCH OF SALT, PEPPER AND RED PEPPER FLAKES. STIR AND COOK UNTIL FRAGRANT, ABOUT 1 – 2 MINUTES.
2. ADD THE GREENS IN BATCHES AS NEEDED, STIRRING AND LIGHTLY WILTING BEFORE YOU ADD THE NEXT HANDFUL. ONCE ALL THE GREENS HAVE SLIGHTLY WILTED, ADD THE BEANS AND 1/2 CUP OF STOCK. SEASON LIGHTLY AND STIR TO COMBINE. BRING TO A BOIL AND REDUCE TO A GENTLE SIMMER, COOKING UNTIL VEGETABLES ARE FULLY TENDER. ADD MORE BROTH AS NEEDED TO PREVENT THE BOTTOM OF THE PAN FROM FULLY DRYING OUT; THE DISH CAN BE SERVED EITHER LIGHTLY BROTHY OR WITH ALL THE LIQUID EVAPORATED, AS YOU PREFER.
3. ONCE BEANS AND VEGETABLES ARE TENDER AND BROTH IS COOKED DOWN TO YOUR LIKING, REMOVE THE PAN FROM HEAT. DISCARD HERB SPRIGS AND ADD A SQUEEZE OF LEMON. TASTE AND ADJUST SEASONING AND ACIDITY.

FARRO:

1. FILL A POT HALFWAY WITH WATER AND BRING TO A BOIL. STIR IN A PINCH OF SALT AND THE FARRO. BRING BACK TO A BOIL AND REDUCE THE HEAT TO MEDIUM LOW. SIMMER GENTLY UNTIL THE FARRO IS TENDER, ABOUT 40 MINUTES FOR WHOLE FARRO (IF USING SEMI-PEARLED FARRO, SIMMER FOR ABOUT 20-30 MINUTES).
2. DRAIN AND SPREAD ONTO A WIDE PLATTER OR BAKING SHEET; LET COOL ON COUNTER OR IN FRIDGE, STIRRING EVERY 10 MINUTES TO PREVENT STICKING.
3. TO ASSEMBLE SALAD: IN A LARGE MIXING BOWL, COMBINE THE COOLED FARRO WITH TOMATOES, CUCUMBER RED ONION, RED PEPPERS, HERBS, AND CHEESE. SEASON TO TASTE WITH SALT, BLACK PEPPER, AND RED PEPPER FLAKES.
4. TO MAKE THE DRESSING: COMBINE THE MUSTARD, ITALIAN SEASONING, AND SHALLOT IN A SMALL BOWL WITH A PINCH OF SALT AND PEPPER. SLOWLY POUR IN OIL WHILE WHISKING VIGOROUSLY. TASTE AND ADJUST SEASONING, MUSTARD, OR ACIDITY. TOSS WELL.