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One of our favorite recipes:



## Farro Salad with Kumquats, Arugula, and Ricotta Salata

**Serves:** 4–6 as a side dish | **Prep Time:** 20 minutes | **Total Time:** 45 minutes

### Ingredients: The salad

1 cup of uncooked farro  
2 bay leaves  
1 TBSP of apple cider vinegar  
1/2 bunch of spring onions, sliced  
3 big handfuls of arugula (or watercress)  
1/3 to 1/2 cup of ricotta salata (shaved or crumbled)  
1/2 cup of kumquats, chopped  
1/2 cup of toasted, salted pistachios  
1/2 cup of mint leaves, chopped

### Ingredients: The dressing

1/2 cup of olive oil  
2 TBSP of apple cider/  
white wine vinegar  
1 tsp of dijon mustard  
2 TBSP of orange juice  
Zest from 1/2 an orange

### Directions

1. In a medium saucepan, bring farro, bay leaves, and apple cider to a simmer in 2 cups of water. Simmer until the farro is tender and the liquid evaporates, 20–30 minutes.
2. Sauté the onion in 1 TBSP of olive oil in a small pan for about 5 minutes.
3. Let farro cool somewhat and remove bay leaves.
4. In a salad bowl whisk together the dressing ingredients, adding salt & pepper to taste.
5. Add the cooked farro and all remaining salad ingredients to the bowl.  
Adjust seasonings to taste.
6. Toss and enjoy!

**Source:** This is a distillation of 3 recipes, one from *Good Eggs* (<https://www.goodeggs.com/sfbay/seasonal-recipes/content/VqKg3CEAAMdQOfBs/farro-salad-with-kumquat-vinaigrette>), one from *Love and Lemons* (<https://www.loveandlemons.com/farmhouse-farro-salad/>), and one from *NYTimes Cooking* (<http://cooking.nytimes.com/recipes/1015843-charlie-birds-farro-salad>).

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