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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 cup of apple cider
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 1 cup 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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