



MACRINA



BAKERY

FARRO SALAD

INGREDIENTS:

Serves 2

- 3/4 cup emmer farro
- 4 cups water
- 1/2 teaspoon kosher salt, divided
- 3 tablespoons whole almonds
- 2 tablespoons pumpkin seeds
- 6 - 8 asparagus spears, thin, cut in 2" pieces
- 1/4 cup olive oil, divided
- 1 tablespoon plus 1 teaspoon sherry vinegar
- 1 tablespoon shallots, finely chopped
- 1 teaspoon fresh thyme, finely chopped
- 1/3 cup dried apricots, medium dice
- 2 ounces goat cheese
- 1 tablespoon Italian parsley, coarsely chopped
- Fresh cracked pepper to taste

DIRECTIONS:

Preheat oven to 325°F and line a rimmed baking sheet with parchment. Set aside.

Place farro in a medium sauce pan and cover with water, adding 1/4 teaspoon salt. Bring to a boil and cook until tender, approximately 30 minutes. Skim off any foam that forms on surface of water. Drain grain through a strainer and let cool until later.

Place almonds and pumpkin seeds on prepared baking sheet. Toss the cut asparagus in 1 tablespoon of the olive oil and add to baking sheet. Bake for 10 minutes and let cool. Coarsely chop the almonds and set aside for later.

In a medium bowl combine the sherry vinegar, remaining olive oil, shallots, thyme, apricots and remaining 1/4 teaspoon kosher salt. Whisk well to combine. Toss in the almonds, pumpkin seeds, asparagus and farro. Combine well and taste for seasoning. I always add fresh cracked pepper. Crumble in the goat cheese and add the parsley. Mix gently to retain the cheese crumbles. Serve in combination with a bowl of soup, green salad or roasted vegetable galette as we do at Macrina for our Meze Combo. Enjoy!

Farro is an ancient grain originating in the Fertile Crescent. Egyptian kings were buried with it. It's been a humble staple in areas of central and northern Italy for centuries. Some have even attributed the longevity of those populations to the farro in their diet. But farro has remained little known in America until relatively recently. The renewed American interest in whole grains has landed farro on restaurant menus and led some farmers to grow and market it. One excellent Washington organic grower, Bluebird Grain Farm in Winthrop, has been growing farro since 2005. They grow emmer, the most common—and my favorite—type of farro. It's high in protein, low in gluten, and has a nutty, delicious flavor. You can find it at PCC and other specialty food markets.

This salad is one that we often serve at lunch in our cafés as part of our popular Meze Combo. "Meze" means a selection of small, flavorful dishes or bites. The combination of sweet, nutty and nourishing in this salad is just fantastic. The dried apricots, roasted almonds and pumpkin seeds contrast with the sharpness of the sherry vinegar and creamy goat cheese. The tantalizing result will have you scrambling for a second serving!

- Leslie Mackie