

Italian Farro Salad with Artichoke + Preserved Lemon Vinaigrette

Serves 8

INGREDIENTS

For the Farro:

1 ½ cups farro

For the Salad:

1 eggplant

4 whole artichokes

2 tbsp olive oil

Salt + pepper

3 cups baby arugula

½ fennel bulb, thinly sliced on mandoline

½ cup fresh basil leaves, chiffonade

¾ cup feta cheese, crumbled

For the Pickled Red Onion:

1/2 cup apple cider vinegar

1 tbsp sugar

1 1/2 tsp kosher salt

1 cup water

1/2 red onion, thinly sliced on mandoline

For the Tomatoes:

16 pieces cherry tomatoes, cut in half and oven roasted

1 tbsp olive oil

salt & pepper

For the Capers:

¼ cup brined capers, drained and dried with a paper towel.

¼ cup olive oil

For the Preserved Lemon Vinaigrette:

1 1/2 tsp minced shallot

1/2 piece preserved lemon

1 1/2 tsp honey

1 tsp dijon mustard

2 tbsp fresh lemon juice

1 clove garlic, finely minced

1/4 cup vegetable oil

2 tbsp olive oil

salt + pepper

METHOD

For the Farro:

Preheat oven to 350 degrees. Place Farro on a sheet pan lined with parchment paper. Roast in oven for 7 minutes, bringing out the nutty flavour of the grain.

Using the “pasta” method, place roasted Farro in a pot of boiling salted water, and cook until desired doneness. Typically the Farro should be “al dente”. Remove from the pot, and spread out on a sheet pan lined with parchment paper to cool.

For the Salad:

Slice eggplant lengthwise into thirds. Slice artichokes in half. Toss with salt + pepper. Preheat a grill pan on the stovetop on medium high heat. Grill vegetable until nicely charred. Once cooled, dice eggplant, and slice artichokes for the salad.

For the Pickled Red Onion:

Place first 4 ingredients in a small pot over medium heat, and whisk until sugar and salt dissolve. Place onion in a bowl, and pour vinegar mixture over. Let sit at room temperature for minimum 1/2 hour.

For the Tomatoes:

Toss cherry tomatoes with 1 tbsp. of olive oil, and salt and pepper.

Place tomatoes on roasting rack and place into a 350F preheated oven. Roast until slightly wrinkled. Cool completely and set aside.

For the Capers:

Heat 1/4 cup of olive oil in a small saucepan or skillet over medium-high heat. When the oil is hot, add the capers 1 to 2 tablespoons at a time. Fry, swirling the pan gently, until just golden brown, about 45 seconds. Using a slotted spoon, transfer the capers to a plate lined with paper towels to drain. Blot gently to absorb excess oil. Cool briefly before using.

For the Preserved Lemon Vinaigrette:

Place all ingredients except for both oils into a high sided container. Place immersion blender inside, and begin blending mixture. While blending the ingredients, pour oils into the jar in a steady stream to combine the vinaigrette. Taste, and adjust seasoning as needed.