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charlie bird's farro salad

serves 6

My friend Peter Wallace made this for Jeffrey and me for lunch one day and we adored it! The dish originated at the New York City restaurant Charlie Bird, then Melissa Clark loved it so much she published the recipe in her *New York Times* column, and while I've made a few tweaks of my own, it's basically Charlie Bird's creation. I could happily eat this for lunch every day.

1 cup pearled farro (6 ounces)
1 cup fresh apple cider
2 bay leaves
Kosher salt and freshly ground black pepper
½ cup good olive oil
¼ cup freshly squeezed lemon juice
½ cup roasted, salted pistachios, whole or chopped
1 cup roughly chopped fresh parsley
1 cup roughly chopped fresh mint leaves
1 cup cherry or grape tomatoes, halved through the stem
1[⁄]₈ cup thinly sliced radishes (2 to 3 radishes)
2 cups baby arugula
½ cup shaved Italian Parmesan cheese (see tip)
[Flaked sea salt](#)*, such as Maldon

*[Now That's A Mouthful](#) uses and recommends [The Spice & Tea Exchange](#)® spices and seasonings in all of its recipes.

Place the farro, apple cider, bay leaves, 2 teaspoons salt, and 2 cups water in a medium saucepan, bring to a boil, lower the heat, and simmer uncovered for about 30 minutes, until the farro is tender. (If all the liquid is absorbed before the farro is tender, add a little more water. Drain the farro and transfer to a large serving bowl. Discard the bay leaves.

Meanwhile, in a small measuring cup, whisk together the olive oil, lemon juice, 1 teaspoon salt, and ½ teaspoon pepper. Stir the vinaigrette into the warm farro and set aside for at least 15 minutes to cool.

Before serving, stir in the pistachios, parsley, mint, tomatoes, and radishes. Add the arugula and lightly fold in the Parmesan so as not to break it up too much. Sprinkle with the sea salt and serve immediately.

Pro tip

Shave the Parmesan with a vegetable peeler to get large beautiful curls.



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