

Farro Salad with Roasted Asparagus and Goat Milk Feta

Meyer Lemon Vinaigrette

serves 4

For the Farro

3/4 cup Farro
6 cups spring water
1 large garlic clove – skinned
1/2 teaspoon sea salt

For the roasted asparagus

1 lb asparagus spears – washed and stem snapped
3 tablespoons extra virgin olive oil
1/4 teaspoon sea salt

For the vinaigrette

1 small shallot – skinned and finely chopped
2 tablespoons Meyer Lemon juice (or 1 1/2 tablespoons regular lemon juice)
1 teaspoon maple syrup or honey
5 tablespoons extra virgin olive oil
1/4 teaspoon sea salt
freshly ground pepper to taste

1 small bunch fresh chives – cut in tiny round (use kitchen scissors)
1/2 pint cherry or grape tomatoes – cut in half lengthwise
4 oz goat milk feta - crumbled

Step 1 Rinse the grains in cold water and strain. In a medium heavy-bottomed soup pot bring spring water to a boil. Add grains, garlic and salt. Reduce heat to medium and fast-simmer uncovered for 30 minutes until tender but still al dente. Drain, remove garlic and set aside to cool to room temperature.

Step 2: Pre-heat oven to 500°F. Move rack to the top of the oven. Spread the asparagus on a jellyroll pan. Brush with the olive oil and sprinkle with the salt. Bake for 6 minutes for skinny spears to 10 minutes for large ones, until tips begin to brown. Remove from pan and let cool for 10 minutes.

Step 3: To make the vinaigrette, whisk all ingredients in a small bowl. Set aside.

Step 4: To assemble the salad – add half the vinaigrette, the chives and tomatoes to the farro and stir well. Place a small mound of the farro mixture in the center of each plate. Top with a few roasted asparagus. Garnish with the crumbled cheese and drizzle with the balance of the vinaigrette. Finish with freshly ground pepper to taste and serve immediately