Main dishes / Italy

Toasted Farro Salad with Roasted Vegetables

Whole farro toasted in a dry pan until nutty and golden, then simmered until pleasantly chewy — tossed warm with caramelized roasted vegetables, fresh herbs, lemon, and good olive oil in the manner of Tuscan cucina povera: simply excellent ingredients treated with respect.

Time 60 min **Servings** 4

What you'll need.

- ☐ 300 g Whole farro (not pearled)
- ☐ 900 g Water or vegetable stock
- ☐ 250 g Zucchini, cut into 2 cm pieces
- ☐ 200 g Cherry tomatoes, halved
- ☐ 150 g Red onion, cut into wedges
- ☐ 200 g Eggplant, cut into 2 cm cubes
- ☐ 80 g Extra-virgin olive oil (divided)
- ☐ 30 g Fresh lemon juice
- ☐ 3 g Lemon zest (1 lemon)
- ☐ 20 g Fresh flat-leaf parsley, roughly chopped
- ☐ 10 g Fresh mint leaves, torn
- ☐ 8 g Fine sea salt
- ☐ 2 g Dried chili flakes
- ☐ 40 g Toasted pine nuts or walnuts

Let's make it.

01 Place the farro in a large dry skillet over medium heat. Toast, stirring constantly, for 4–6 minutes until the grains smell nutty and are golden — some grains may lightly pop. This step is optional but transforms the flavor dramatically. The toasted grains will have a nuttier, more complex flavor after cooking.

02 Transfer toasted farro to a pot. Cover with generously salted water or stock (3 parts liquid to 1 part farro by volume). Bring to a boil, reduce to a steady simmer, and cook uncovered for 30–40 minutes for whole farro (20–25 for semi-pearled) until the grains are tender but still have a distinct chew — al dente, like a well-cooked barley. Drain any excess liquid.

03 Toss all the vegetables with a generous amount of olive oil, salt, and chili flakes on a large sheet pan. Spread in a single layer — do not crowd or they will steam. Roast at 220 C (425 F) for 25–30 minutes, turning once halfway, until caramelized and charred at the edges — particularly the cherry tomatoes, which should burst and concentrate.

04 While both the farro and vegetables are still warm, combine them in a large bowl. Drizzle with remaining olive oil and lemon juice. Add lemon zest, chili flakes, parsley, mint, and toasted nuts. Toss together gently — you want the warm farro to absorb the lemon and oil. Taste and adjust salt, acid, and oil. The salad is excellent warm, but also very good at room temperature.

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Servings are an estimate; check quantities in the source recipe.
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