



# Summer Sippers

## with Sr. Chris

### **Summer Farro Salad** by Chef Tyler James

#### **Equipment:**

Cutting Board, Knife, Large Bowl, Strainer, 2 Large Spoons, Medium Pot with Lid

#### **Ingredients:**

1 Cup Farro  
1 Ea. Shallots (Minced)  
4 Cups Water or Vegetable Stock  
4 Tbsp Oil (Divided)  
¼ Cup White Balsamic Vinegar  
(or Apple Cider Vinegar, Red Wine Vinegar, Lemon Juice)  
1½ Pint Grape or Cherry Tomato (Halved)  
1 Ea. English Cucumber (Diced)  
1 Can Garbanzo Beans (Drained and Rinsed)  
¼ Cup Fresh Basil (Chopped)  
¼ Cup Fresh Parsley (Chopped)  
Salt and Pepper, to taste

**Optional:** Crumbled Feta or Goat Cheese

#### **Instructions:**

- In a medium pot, heat 2 tbsp Oil and sautee the minced Shallot for around 3 minutes, or until translucent.
- Rinse the farro in cold running water and then add to the pot with the shallots. Stir together and then add your 4 cups of water or vegetable stock. Bring to a boil. Once at a boil, reduce to a simmer and cook until tender and most of the water is gone.
- If any liquid is remaining, drain and then cool your cooked Farro.
- In a large bowl add your Tomatoes, Cucumber, Garbanzo Beans, Parsley, Basil, Oil and Vinegar. Add your farro and mix together, with all the other ingredients. Add your salt and pepper to taste. Adjust any seasonings or vinegar / oil as you see fit, cool and enjoy!
- If you opt to use the Crumbled Feta or Goat Cheese, sprinkle it on top of each plated dish.