

## **Farro Grain Bowl, with Star Ruby Grapefruit, Feta and Pistachio**

From The Apricot Lane Farms Cookbook, by Molly Chester

### **Ingredients:**

1 cup farro  
sea salt  
2 tbsp rice vinegar  
2 tbsp olive oil  
1/4 tsp red chile flakes  
1/4 cup finely minced red onion  
1/4 cup chopped pistachios  
1/4 cup dried cherries  
1 tbsp roughly chopped fresh dill  
1/4 cup crumbled feta  
1 cup supremed and chopped grapefruit (~2 grapefruit)

### **Instructions:**

1. In a medium bowl, combine the farro, 1/4 tsp salt, and 3 cups of water. Soak for 8-10 hours, drain and rinse well. Transfer to a small saucepan and add 2 1/2 cups water. Cover and bring to a boil over medium-high heat. Reduce the heat to medium-low and cook at a gentle simmer until the farro is al dente and the water has been absorbed. Drain and pat dry. (Note: Elizabeth did none of this and just cooked the farro according to package directions as she made the meal).

2. In a large bowl, combine the farro, vinegar, oil, 1 tsp salt, and the chile flakes. Just before serving, add the onion, pistachios, cherries, dill and feta to the bowl, tossing to combine. Add the chopped grapefruit and toss lightly to incorporate.

(Note: Elizabeth made a light vinaigrette for the dressing and use shallot instead of onion, letting it soak in the vinaigrette while the farro cooked to cut the bite somewhat).