

Toasted Farro Salad with Fennel, Oranges and Olives

Salad Ingredients

1/2 cup Farro or grain of your choice
1 ½ cups shaved fennel bulb
¼ cup Kalamata olives, pitted, chopped
2 Satsuma oranges (or other small sweet citrus fruit), peeled, & segmented
1 cup arugula

Vinaigrette Ingredients

2 preserved lemons
½ cup apple cider vinegar
2 tsp Dijon
½ tsp sweetener such as honey or agave
1 ½ cups of neutral oil

Instructions

Toast Farro in a dry pan over medium heat until it is one shade darker and has a nutty, toasted aroma.

Add 1½ cups water or stock to Farro and bring to a boil then reduce heat to simmer for 15 minutes or until water has absorbed and Farro is chewy but tender.

Add all the vinaigrette ingredients to a jar with a lid and shake until combined. Or place vinaigrette ingredients in a bowl and whisk until combined.

Add fennel, olives and orange segments to Farro and stir until all ingredients are evenly distributed.

Original recipe by Mike Bacha & Kip Hardy

Broccoli soup

Olive oil – ¼ cup
Diced onion – ¾ cups
Diced carrots – ½ cup
Diced celery – ½ cup
Garlic minced – 1 clove
Roasted broccoli – 5 cups
White beans cooked – 1 cup
Vegetable stock – 2-3 cups
Nutritional yeast – ½ cup
Coconut milk – 1 can
Salt and pepper to taste

Instructions:

1. Roast broccoli in 400° oven until charred and crispy – about 15 -20 minutes
2. Add oil to a large pot and heat over medium/high flame
3. Add onions, carrot, celery and garlic and cook until tender
4. Add stock and beans and continue to simmer
5. Add broccoli and coconut milk
6. Puree soup and season with yeast and salt and pepper

Preserved Lemons

Preserved lemons are a common ingredient in north African and South Asian cuisines. Historically lemons were preserved to store and eat them past their season. The method for making preserved lemons has remained the same since the earliest accounts of them in the 11th century culinary texts: cut the lemons, fill the cuts with salt, press them into a jar, cover with lemon juice and let them ferment at room temperature for several weeks. While they are likely to be mostly found in recipes for Arab Mediterranean cuisine, they offer a tart complexity to a wide range of recipes.

Preserved lemons:

10 lemons quartered

1 cup of kosher salt

1. Take quartered lemons and add salt – toss well to coat evenly.
2. Allow lemons to sit in the bowl for several hours or overnight covered at room temperature.
3. Afterwards, place lemons and juices into to a canning jar and keep for several month refrigerated or at room temperature.

Vinaigrette:

Ingredients:

2 lemons preserved

½ cup apple cider vinaigrette

1 tsp Dijon

½ tsp sweetener such as honey or agave

1 ½ cups neutral oil

Instructions:

1. Process lemons in food processor or blender until smooth
2. Add vinegar and mustard
3. Slowly drizzle oil until emulsified
4. Add sweetener