



## **Warm Farro Salad with Sweet Potato**

*Michael Anthony Executive Chef/Partner Gramery Tavern*

Yield: 4 servings

Olive oil	3 tbsp
Onions, minced	2 tbsp
Leeks, minced	2 tbsp
Garlic, minced	1 tsp
Farro	1 cup
Vegetable stock, or water	1 quart
Sweet potatoes, peeled and chopped	2 cups
Sweet Bell Peppers, seeded and chopped	1 cup
Onion, minced	½ cup
Garlic, minced	1 tsp
Coriander, toasted	½ tsp

Vegetable stock 2 cups

Parsley, picked and washed ¼ cup

Optional:

Shiitake mushrooms, sliced and sauteed 2 tbsp

Carrots, peeled and thinly sliced 2 tbsp

Toasted Pumpkin Seeds 1 tbsp

For the farro:

1. Using the flexi-beater attachment at #2 speed, sweat the onions, leeks, and garlic in 1 tbsp olive oil in the bowl of the Cooking Chef at 140°F.
2. Add farro and continue to cook for another 3 minutes.
3. Increase temperature to 210°F, add vegetable stock (or water) and simmer until tender, about 30 minutes. When farro is cooked, remove from bowl and reserve.

For the sweet potato puree:

1. Using the flexi-beater attachment at #2 speed, sweat the onions, garlic, sweet potatoes, peppers and coriander in 2 tbsp olive oil in the bowl of the Cooking Chef at 140°F for 6 minutes.
2. Increase temperature to 210°F, add vegetable stock (or water) and simmer until tender, about 40 minutes.
3. Remove several pieces of the cooked sweet potato from the bowl, and reserve to use as garnish
4. Attach Thermo-resist blender attachment, and add remaining sweet potato mixture to the blender. Blend until a smooth puree.
5. Return the farro and puree to the bowl. Season with salt and pepper. At 195°F, bring to a simmer.
6. Fold in fresh parsley and reserved sweet potatoes, and serve in a bowl.
7. Top with optional garnishes of sautéed shiitake mushrooms, sliced carrots and pumpkin seeds.

To finish:

1. Add the shiitakes and carrots to the risotto and simmer until tender. Add vegetable stock as needed to reach desired consistency.

2. Finish with butter, carrot puree, cheese, pumpkin seeds and herbs.