

Radish and Goat Cheese Farro Salad Bowl (with variations)
(Putting the rad back into radishes)



Ingredients:

- 2 cups farro (or quinoa, rice, or your cooked grain of choice)
- Sea salt (optional)
- 2 bunches radishes (about 1 pound total), tops removed (could be garden radishes or a combo of watermelon, black Spanish, Easter egg, (or any combo of radishes you like/can get), washed)
- 3 tablespoons olive oil
- 2 cloves garlic, minced
- Freshly ground black pepper
- 2 tablespoons freshly squeezed lemon juice
- 1 1/2 teaspoons Dijon mustard (or tahini)
- 2 cups lightly packed baby arugula (or spinach, baby kale, watercress, chicory etc. or a mixture)
- 4 ounces soft goat cheese, crumbled (about 1 cup) or feta, or another soft cheese you prefer

Preparation:

Cook your grain. If using farro, rinse and drain. Place it in a medium saucepan and add 6 cups of water and a generous pinch of salt. Bring to a boil over medium-high heat. Reduce the heat to medium-low, cover, and simmer until the farro is tender but still has a slight chew in the center, about 30 minutes. If using another grain, follow the directions for cooking.



SPRING DELIGHT by Helen Huber ~ The *Island Gardener* ~ March 2022

While the grain is simmering away, cut the radishes. Quarter half of the radishes, then cut the remaining radishes into thin rounds; set both aside. (An easy way to get thin cuts is to make one cut lengthwise on a radish, then place the cut end down as you slice thinly.) When the farro or other grain is ready, drain and transfer to a large bowl; set aside. You can do this step ahead of time, spreading the grain on a rimmed sheet and allowing it to chill, covered in the refrigerator.

Heat the oil in a medium skillet over medium heat until it shimmers. Add the quartered radishes and garlic, lightly season with salt and pepper, and sauté until the radishes just begin to brown and are tender but still crisp, 4 to 5 minutes.

Remove from the heat and whisk in the lemon juice and mustard or tahini. Pour the mixture over the farro and toss to combine. Add the arugula (or other greens) and the radish rounds. Toss to combine and season with salt and pepper as needed.

Let sit for 20 minutes, tossing occasionally, to cool and let the flavors combine. Fold in the goat (or other) cheese and serve warm or at room temperature.

Storage: Leftovers can be stored in an airtight container in the refrigerator for up to 5 days.

NOTE: Radishes are also delicious grilled. Lightly toss the trimmed radishes with olive or another oil, and season lightly with salt and pepper. Either place on a piece of foil, on a grill mat, or directly on the grill, set to a medium heat for 15-20 minutes, turning occasionally until soft. Grilling changes the flavor. You're welcome!

