

Farro Salad with Roasted Corn, Red peppers & Red Onions

author: [Alexandra](#) prep time: 15 minutes cook time: 15 minutes
total time: 30 minutes yield: 6 to 8 as a side



DESCRIPTION

Roland semi-pearled farro is particularly nice but any type of farro or grain – wheat berry, barley, etc. – will work nicely. You might be able to find semi-pearled farro at your local supermarket, but if not, you can order it [here](#). Of course, whole farro will work just as well.

INGREDIENTS

2 ears of corn, kernels removed

olive oil

kosher salt

fresh cracked pepper to taste

2 red peppers, diced

1 red onion, diced

1 cup of semi-pearled farro, see notes above

cilantro, a lot (or as much as you like)

1 hot chili pepper, such as Thai bird or jalapeno, minced

fresh-squeezed lime juice or white balsamic vinegar (I used a combination – about 1 tablespoon lime juice and 1 tablespoon white balsamic vinegar)

Tabasco (optional)

INSTRUCTIONS

- 1 Preheat the oven to 450°F. Place a pot of water on to boil. Toss corn kernels with olive oil and salt and

pepper to taste on a sheet pan. Place in the oven. Roast for about 12 to 15 minutes or until the corn is just beginning to char.

- 2 Meanwhile, add farro to pot of boiling water. Add a big pinch of kosher salt. Cook for about 15 minutes – taste a few kernels after 15 minutes. For me it takes just a minute more than 15. Drain the farro, and add to a large bowl. Season with a big pinch of kosher salt. Drizzle olive oil over the farro while it's still warm. I haven't been measuring, but if you're looking for some guidance, start with about 3 tablespoons of olive oil. Squeeze lime juice and/or white balsamic over top – again, you don't have to measure, but if you like to, start with about 1 tablespoon each of lime juice and vinegar (or two tablespoons of either lime juice or vinegar) and adjust after everything has all been mixed together.
- 3 Add the roasted corn, diced red pepper, red onion, cilantro and chili pepper to the bowl. Toss with a large spoon. Taste. If it's a little dry, add more oil and/or lime juice and white balsamic. If it needs a little more seasoning, add more salt. I add about 10 large dashes of Tabasco for taste more than for heat – the chili pepper adds enough heat – but this seasoning is optional.

Find it online: <https://alexandracooks.com/2012/08/02/julia-child-notecards-farro-salad-with-roasted-corn-red-peppers-red-onions/>

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