

Summer Salad Sampler

Prepare these salads throughout the day and enjoy a leisurely summertime meal. You'll lay out a salad smorgasbord:: Farro/Corn/ Tomato Salad, an Avocado/Romaine Salad with shaved Parmesan and a seasonal Mixed Berry Salad. Compliment the salads with some Basil Hummus and a small baguette and you'll have some lovely summertime grazing.

Assemble the Farro/Corn/ Tomato salad, Seasonal Berry Salad and Basil Hummus early in the day and chill in the fridge. Wait until just before dining to finish the Avocado/Romaine Salad.

Preparation time: 2 hours (Includes chilling time) - Servings: 4

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients in small bowls so they are easy to add when you need them. Prep 3 cloves chopped garlic today: 1 for the Farro, Corn Salad, 1 for the Basil Hummus and 1 for Avocado/Romaine Salad. There are 3 different onion preps: 1/3 C. chopped green onion for the Farro, Corn Salad, 1/3 C. chopped sweet onion for the Basil Hummus and 1 C. thin-sliced and chopped sweet onion for the Avocado/Romaine Salad. You'll also use 3 limes.

Farro

1 C. dried emmer or farro
3-1/2 C. water
pinch of salt

Basil Hummus/Bread

1 clove garlic (smashed and chopped)
1/3 C. sweet onion (chopped)
1 C. fresh basil leaves
3 T. chunky peanut butter
one 15 oz. can garbanzo beans (drained/rinsed)
juice from one large lime
2 T. olive oil
1 tsp. Asian pepper sauce
1 T. rice wine vinegar

2/3 C. tomato (finely-chopped)

1 baguette (warmed)

Seasonal Mixed Berry Salad

2 ripe peaches (blanched and skinned)
1 pint strawberries (washed and sliced)
1 C. blueberries (washed)

Farro/Corn/Tomato Salad

1 T. canola oil
2 C. fresh or frozen corn (cooked and cooled)
1 Anaheim pepper (seeded and chopped)
2/3 C. red bell pepper (seeded and chopped)
1/2 Jalapeno pepper (seeded, finely chopped)
1 slicing tomato (chopped)
1/2 C. cilantro leaves (chopped)
1/3 C. green onion (chopped, green stems and bulbs)
1 clove garlic (smashed and chopped)
1/4 C. parsley (chopped)
Juice from 2 limes
1/4 C. low-sodium vegetable broth

Avocado/Romaine Salad

1 clove garlic (smashed and chopped)
2 tsp. olive oil
1 T. balsamic vinegar
6 large leaves Romaine lettuce (washed and broken into pieces)
1 med. cucumber (cut in 1/4" rounds and quartered)
1 large slicing tomato (chopped)
1 C. sweet onion (thin-sliced and chopped)
3 Avocados (sliced and drizzled with juice from 1/2 a lime)
6 T. grated Pecorino/Romano cheese

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Cook farro early in the day. Bring grain, water and salt to a boil, reduce heat to medium-low and set a timer for 60 minutes. When timer sounds, remove from heat and let stand until cool. Drain excess water from farro before making the salad.

Farro/Corn/Tomato Salad

1. Measure canola oil into a large sauté pan and heat over medium-high heat until oil shimmers.
2. Add frozen or fresh corn and toss until corn begins to brown. Remove from pan. Place in a large bowl.
3. Mix together corn, peppers, tomato, cilantro, green onions, garlic and parsley. Toss gently. Add lime juice and broth. Stir in farro and refrigerate.

Basil Hummus

1. Place garlic, onion and basil leaves in food processor with chunky peanut butter. Chop well.
2. Add drained garbanzo beans, lime juice and olive oil. Blend about 45 seconds.
3. Add Asian pepper sauce and rice wine vinegar and blend 30 seconds.
4. Remove from food processor. Stir in chopped tomatoes. Chill.

Seasonal Mixed Berry Salad

1. Chop prepped blanched peaches and place in a bowl.
2. Add washed and prepped strawberries and blueberries.
3. Toss well and chill.

Avocado/Romaine Salad

1. Dressing: Mix garlic, olive oil and vinegar in a small bowl and set aside.
2. Place lettuce, cucumber, tomato and onion in a large bowl and toss with dressing.
3. Drizzle avocado with lime juice and arrange over top of salad.
4. Finish salad with Pecorino/Romano Cheese.

Warm bread and Serve the Meal

About 20 minutes before you wish to dine, wrap bread in foil and place in a 250° oven.

Serve the Meal:

Spoon about 3/4 C. Farro/Corn salad, 1 C. Avocado salad and 1 C. fruit salad per diner onto each dinner plate.

Serve a leisurely meal with hummus and warmed bread slices on the side.

This meal works well with a crisp, cold Pino Grigio!

What I've Learned from this Recipe

Searing the corn before adding it to the Farro Salad brings a rich, caramelized flavor to the corn. It adds a lovely dimension to the profile of this seasonal offering.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com