Late Summer Farro Salad with Corn, Cherry Tomatoes, Mint & Walnuts

From the blog For Love of the Table

I have given measured amounts of all of the components of this salad because I know a lot of people like exact amounts, but this is definitely a "to taste" kind of salad. Please view the measurements as guidelines and adjust to suit your taste… More or less onion… More or less mint… Etc….

3 T. olive oil
2 cloves peeled garlic, lightly crushed
1/4 t. hot pepper flakes
1 c. pearled or semi-pearled farro, rinsed
4 c. water
1 t. kosher salt
3 or 4 ears of sweet corn, roasted in the husk or raw, as you prefer
1/2 of a small red onion (about 2 oz.)
1 pint (10 to 12 oz) cherry tomatoes (mixed colors, if available), halved
1/2 c. (2 oz.) walnuts, toasted and coarsely crumbled
a large handful of arugula (1 oz.)
a handful of mint leaves (10 to 12 grams…or about 2/3 cup)…to taste…
1/4 c. red wine vinegar
1/4 t. hot pepper flakes
1/2 t. kosher salt
Freshly ground black pepper
1/3 c. (or so) olive oil
2 to 3 oz. coarsely crumbled Feta

In a wide saucepan with a tight fitting lid, warm the olive oil over moderate heat. Add the garlic cloves and pepper flakes and gently cook for a few moments until the garlic starts to acquire a light golden color. Add the farro and stir to coat in the oil. Continue to cook for 3 to 5 minutes, stirring pretty much constantly. The farro will begin to darken and give off a toasted fragrance. Add the water and salt and bring to a boil. Cover and reduce the heat to low. Cook until the farro is tender, but still has texture—anywhere from 20 to 35 minutes, depending on the type of farro you are using. Let the farro sit off the heat for 5 minutes. Drain well and spread on a sheet pan to cool. If you're in a hurry, place the sheet pan in the fridge.

If you are roasting the corn, you may do so while the farro cooks. Place the corn in the husk directly on the rack of a 375° oven. Roast for 20 minutes. Remove the corn from the oven and using towels to grab the corn, peel the husks back and allow the corn to cool on a rack. When cool enough to handle, remove the silks. If using raw corn, simply remove the husks and silks. Cut the kernels away from the cobs and use the back of your knife to scrape the cobs clean of the milky pulp still embedded in the cob. You should have about 3 cups of kernels.

While the farro cooks and the corn roasts, cut the core out of the onion and slice very thinly lengthwise (preferably with a mandolin slicer). You should have 1/3 to 1/2 cup loosely packed sliced red onion. Place the onion in a bowl and cover with ice water. Let sit for about 15 minutes. Drain well and blot dry with paper towels.

When all the components are ready, place all of the ingredients except the olive oil and Feta in a large bowl. Toss to combine. Taste and adjust the seasonings so that the salad is vibrant. Drizzle in the olive oil and toss. Taste and adjust again. Serve chilled or at a cool room temperature. When ready to serve, mound on individual plates or a serving platter and scatter the Feta over all. Serves 4 to 5.

http://www.forloveofthetable.com/2018/09/farro-with-corn-cherry-tomatoes-mint.html

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