

FARRO SALAD with Fresh Mozzarella and Vegetables

Serves 6

1 cups of Farro (Spelt)
Marinated artichoke hearts
1/2 celery heart
3 oz of marinated green olives in extra virgin olive oil (pitted)
2 oz of diced fresh mozzarella cheese
1/2 Green bell pepper
1/2 lb of grape tomatoes
2 fresh green onions
2 red radishes
Capers
1 small bunch of basil
1 tbs. chopped parsley
1 fl oz of balsamic vinegar
2 fl oz of extra virgin olive oil
Sea salt, ground white pepper

Soak the spelt for at least 8 hours. Cook the Spelt in salted water. Simmer for about 30 minutes. Drain and cool.

Dice all the vegetables, except the tomatoes, radishes and the fresh onions. Cut the radishes and the onions in small rounds and set aside.

Halve the grape tomatoes. Cut the fresh mozzarella in cubes about 1/3 in.

Whisk separately the vinegar with salt and pepper, add the oil a few tablespoons at a time to make an homogeneous dressing.

In a bowl mix all the spelt and vegetables, drizzle with the dressing, add the cheese and decorate with the basil.

Submitted to Villa Vita by Chef Giuseppe Mazzocchi, "The Tuscan Cook"
<http://www.thetuscancook.com/>

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