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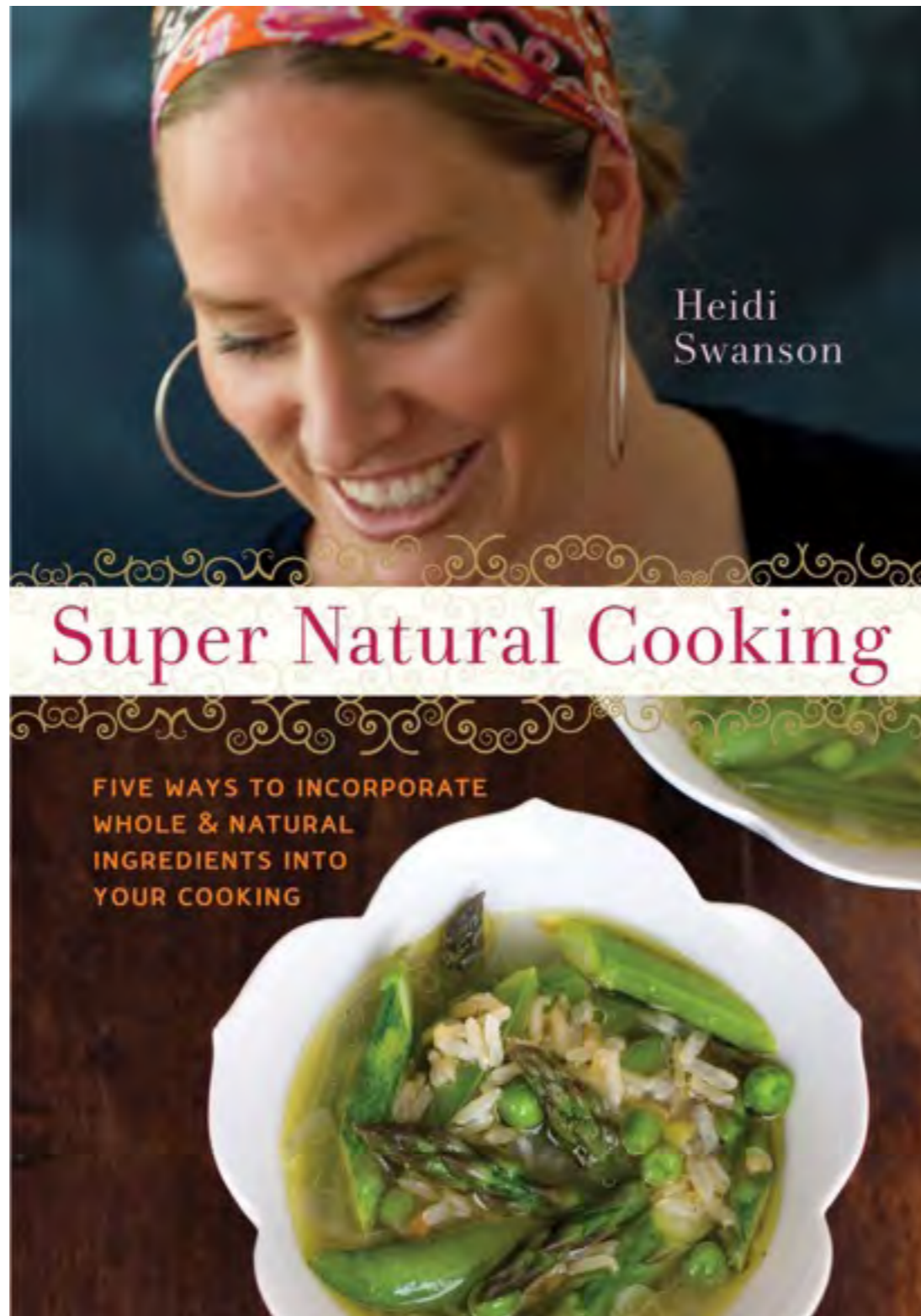


Buttermilk Farro Salad Recipe

August 12, 2010 | 102 Comments

Today a bit of an apology is in order. Some of you might recall a wheat berry salad [I mentioned back in May](#). I had it at Clyde Common in Portland, Oregon and went back two days in a row to have it for lunch. It has taken me this long to do a farro version in my own kitchen, and my regret is that three months have passed when we all could have been enjoying it. The salad? Simple enough. Plump grains and seasonal vegetables tossed with an herb-flecked buttermilk dressing. I hope I'm not over-selling it, but this salad is really good. And I have my heart set

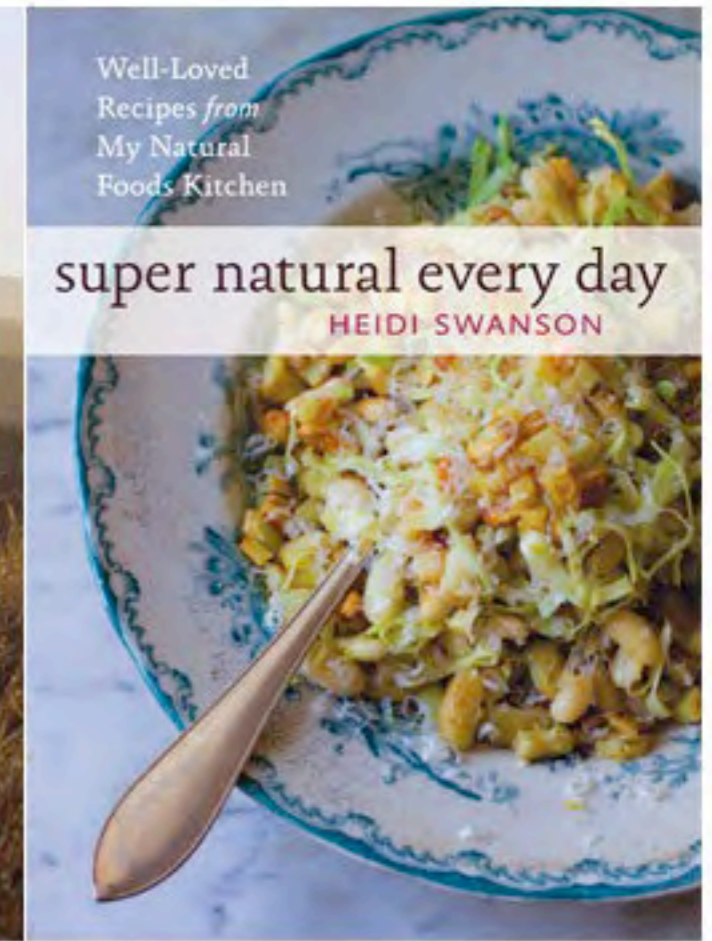
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3. While the wheat berries are still warm add the dressing and mix. Let it cool for a few minutes. Add the arugula and cherries (and bacon if you please) and mix again. At this point, add the lemon zest and taste for salt and pepper. Don't be shy with the seasoning.

~You can either serve at room temp, or chill in the fridge to let the flavors saturate and serve it as a cold side salad.



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Spelt & Muesli Scones

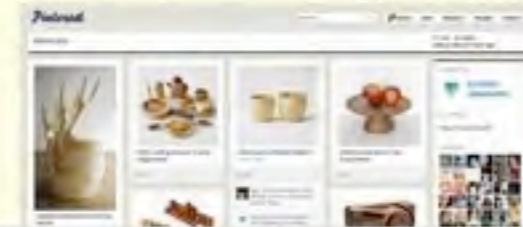
We tried a healthier version of scones for our country house brunch. The result was a success! Scones are great because they are quick to make and they taste good

03 Nov

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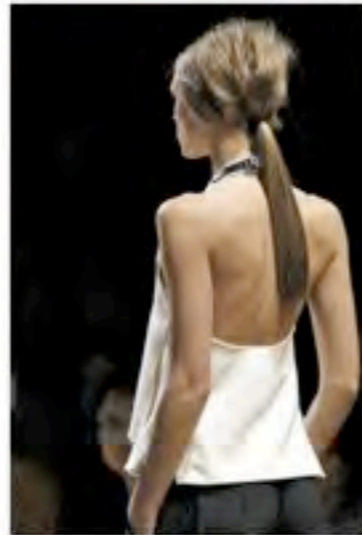


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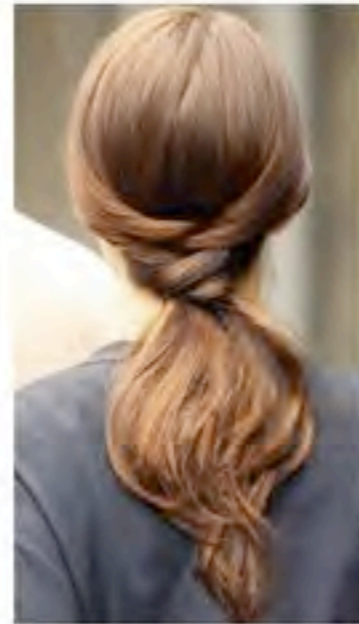
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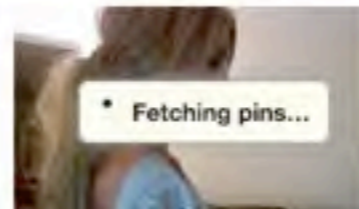
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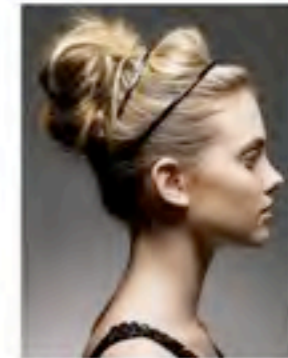
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