

## Salmon with Warm Farro Salad – Comfort du Jour

I designed this entrée from memory after a brunch with co-workers during the holiday season. It was the farro salad and roasted root vegetables that caught my eye on the menu that day, and I love the warmth and earthiness given by the sweet potatoes and parsnips. A quick vinaigrette with fresh garlic and oregano dresses the warm salad and crumbled feta finishes the dish with yet another texture.

### INGREDIENTS

1 large sweet potato, peeled and cut into large chunks  
2 parsnips, peeled and cut into large chunks  
2 Tbsp. extra virgin olive oil  
Kosher salt and freshly ground black pepper  
1/2 cup sliced fresh leeks  
1 cup cooked farro\* (see recipe notes)  
A fat handful fresh baby arugula leaves, washed  
Garlic-oregano vinaigrette\* (recipe below)  
2 fillets fresh salmon, skin removed  
1/4 cup crumbled fresh feta\*

### \*RECIPE NOTES

As noted above, some farro products have been par-cooked for convenience. Follow the instructions on your package to cook the farro to “al dente” stage, so that it is soft but still has a bit of chew to it.

Vinaigrette is one of the simplest salad dressings to make at home. I usually make it in a glass measuring cup for easy pouring, but if you want to make it even easier, put all the ingredients into a small jar with a lid and shake the dickens out of it. My recipe for this is included in the downloadable PDF at the end of this post. You’ll need white wine vinegar, Dijon, fresh garlic, oregano and lemon, and extra virgin olive oil.

If you enjoy the flavor of goat cheese, it would also be a delicious complement to the other ingredients. My husband is not a fan of goat cheese, so I crumbled fresh feta onto the salad. Use the kind that is packed in brine, for best flavor.

### INSTRUCTIONS

Preheat the oven to 400° F and prepare the root vegetables by tossing them lightly in olive oil. Spread them onto a parchment-lined baking sheet, season with salt and pepper and roast for about 25 minutes, until vegetables are tender but still have a slightly firm bite. Scatter the fresh leeks over the vegetables and toss lightly, then roast another 10 minutes until leeks are softened and slightly browned.

Heat a cast-iron skillet over medium heat. Season the salmon fillets with only salt and pepper, and spray them lightly with olive or canola oil spray. Place the salmon, skin side up, into the hot skillet and cook until the flesh is visibly opaque about halfway up the side. Turn fillets to cook the other side. Remove from the skillet before the salmon appears completely done, as the residual heat will continue to cook it through.

Combine the warm, cooked farro and fresh arugula in a salad bowl. Pour the vinaigrette over this warm salad and toss lightly until the dressing is coating the mixture evenly.

## Salmon with Warm Farro Salad – Comfort du Jour

Divide the warm farro salad between two dinner plates. Sprinkle the feta cheese over both servings, and plate the roasted vegetables. Finally, top with the salmon fillets (pretty side up!). A squeeze of fresh lemon just before serving will brighten all the flavors and marry the total dish to the vinaigrette flavors.

---

### GARLIC-OREGANO VINAIGRETTE

2 Tbsp. white balsamic vinegar (I used Sicilian lemon-infused)

A few shakes lemon-pepper or garlic-pepper seasoning

1 tsp. Dijon mustard

1 clove fresh garlic, finely minced

1 Tbsp. finely minced fresh oregano

2 Tbsp. extra virgin olive oil

Juice of 1/2 fresh lemon

1 Tbsp. cold water

Combine the vinegar, lemon-pepper seasoning, Dijon, garlic and oregano in a glass measuring cup. While whisking the mixture, gradually stream in the olive oil until the dressing is emulsified. Add the lemon juice and cold water and whisk again. It is fine to make the dressing ahead but remember to mix it again just before tossing it with the salad.

Alternatively, add all the dressing ingredients to a small jar with a lid and shake it vigorously to fully blend the vinaigrette.