

English & Sugar Snap Peas With Farro

Serves 4 to 6

This grain and vegetable salad highlights the freshness of spring peas. The recipe can be made ahead, but bring to room temperature before serving.

1 cup farro

Kosher salt, to taste

2 to 3 tablespoons lemon juice, to taste

2 to 3 tablespoons extra virgin olive oil, to taste

4 ounces sugar snap peas

1½ pounds English peas

1 tablespoon olive oil

½ cup finely chopped yellow onion

⅛ teaspoon cumin, optional

2 tablespoons chopped parsley, to taste

2 tablespoons finely slivered mint, to taste

Freshly ground black pepper, to taste

Instructions: Cook the farro in salted water according to package directions, until slightly al dente — about 15 minutes for semipearled. Drain well and place in a medium bowl. While the farro is still warm, add 2 tablespoons lemon juice and 2 tablespoons extra virgin olive oil, to taste. Set aside to cool. You will have about 2 cups.

Meanwhile, bring a medium pot of

bite-size pieces, about halves or thirds. Add them to the boiling water and cook until crisp-tender, about 30 seconds; remove them with a mesh strainer or slotted spoon, then plunge them into the ice water to stop the cooking. Remove from the ice water and set aside. You will have about ½ cup peas.

Shell the English peas — you should have about 1½ cups. Bring the salted water back to a boil and cook until the peas are crisp-tender, 1-2 minutes; drain, then plunge them into the ice water. Remove, drain and, when cool, add to the sugar snap peas.

Add the 1 tablespoon olive oil to a small skillet over medium-low heat. Add the onion and cook, without browning, until translucent, about 2 minutes. Add the cumin, if using, and cook briefly. Remove from the heat and set aside.

Add the English peas, sugar snap peas and the onion to the farro. The recipe can be made ahead to this point and refrigerated; bring to room temperature before continuing.

Add the parsley and mint just before serving. Taste and add salt, pepper and more lemon juice or olive oil, as desired.