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Farro With Salmon, Cucumber, Radicchio and Dill

By Genevieve Ko

YIELD 4 servings**TIME** 40 minutes

Salmon steams right over toasty farro, saving you from having to wash an extra pan. The silky fish and chewy grains get a refreshing lemony salad of cucumbers and radicchio on top, which is prepared while the farro cooks. Each bite goes from crunchy cool to warm and comforting, though the salad is also good room temperature or cold. If you don't like the bitter edge of radicchio, try thinly sliced endive or fennel instead. For a salty, creamy hit of flavor, sprinkle the top of the salad with crumbled feta.

INGREDIENTS**5 tablespoons extra-virgin olive oil, plus more as needed****1 onion, finely chopped (1 cup)****Kosher salt and black pepper****2 cups farro (12 ounces), rinsed and drained****1 lemon****3 mini (or Persian) seedless cucumbers (7 ounces)****1 small head radicchio (5 ounces)****1/3 cup packed finely chopped dill****4 boneless salmon fillets (4 ounces each, and about 1-inch thick)****PREPARATION****Step 1**

Heat 3 tablespoons of the oil in a large straight-sided skillet with a lid over medium heat. Add onion, sprinkle with salt and pepper, and cook, stirring often, until starting to turn clear, about 3 minutes. Add farro, sprinkle with salt, and cook, stirring, until the pan is dry and the farro smells toasty, about 2 minutes. Stir in 2 1/2 cups water. Bring to a boil, then cover skillet, reduce the heat to medium-low, and simmer for 20 minutes.

Step 2

Meanwhile, zest the lemon into a large bowl, then squeeze in its juice. Cut the cucumbers in quarters lengthwise, then slice into 1/2-inch slices crosswise (you should have 2 cups); add to the bowl. Quarter and core the radicchio, then thinly slice into 1/4-inch strips (you should have 3 cups); add to the bowl. Add dill, remaining 2 tablespoons oil and a pinch each of salt and pepper to the bowl, and toss until evenly coated.

Step 3

When the farro is done, season the salmon with salt and pepper. Uncover the farro. Most of the water should be absorbed and the grains should be al dente. Set the salmon on top of the farro in a single layer, skin side up if applicable. Cover and steam to desired doneness, 6 to 7 minutes for medium-rare. Remove from the heat. If your salmon has skin, grip a corner with a paper towel and peel off and discard; repeat with the remaining fillets. The skin should come off easily in a single piece.

Step 4

Divide the farro and salmon among bowls, flaking the salmon into pieces if you like, and top with the cucumber salad. Drizzle with olive oil and season with salt and pepper to taste.

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