

Mon. 22 Apr '13

## Emily Hansford of Miller Union | Farro Salad

*Make a grain salad loaded with spring vegetables*

"The beauty of this recipe is its versatility," says Emily Hansford, sous chef at Atlanta's [Miller Union](#), who created a satisfying farro salad for Sous Chef Series. Hansford, who tends a vegetable garden in her spare time, loads the grain side dish with spring vegetables and dresses it simply, with lemon juice, olive oil and fresh tarragon. It's a delicious combination, but only a starting point: Swap vegetables and herbs depending on what is available and in season.

NEXT STEP

[Make the Farro Salad](#)

EVEN MORE

[See More Sous Chefs](#)[Add to Your To-Do List](#)[Comment on Facebook](#)

## MEET THE SOUS CHEF

**NAME:** Emily Hansford

**WHAT & WHERE:** Sous chef, Miller Union,  
Atlanta, GA

**CURRENT HOME:** Atlanta, GA

**HOMETOWN:** Kent, OH

**FAVORITE FOOD:** Polenta or lemon curd



Photos: Angie Mosier

### EMILY HANSFORD, SOUS CHEF, MILLER UNION

"The beauty of this recipe is its versatility," says Emily Hansford, sous chef at Atlanta's [Miller Union](#), who created a satisfying farro salad for Sous Chef Series. Hansford, who tends a vegetable garden in her spare time, loads the grain side dish with spring vegetables and dresses it simply, with lemon juice, olive oil and fresh tarragon. It's a delicious combination, but only a starting point: Swap vegetables and herbs depending on what is available and in season.

### TRACK THIS CHEF

Emily Hansford's:  
[Restaurant](#) [Facebook](#)



See the recipe for Emily Hansford's

*Farro Salad with Spring  
Vegetables and Feta*

[SEE RECIPE](#)

[editorial]



[The Reynolds Group Inc.] [www.thereynoldsgroupinc.com]



## DAY IN THE LIFE



SEE THE SLIDESHOW

CLICK HERE

Photos: Angie Mosier

### *Garden Grown*

After breakfast, which almost always consists of an egg white-vegetable scramble wrapped in a flour tortilla, Hansford tries to spend a few hours in her backyard tending to her fruits and vegetables before heading to the restaurant, where her fiancée is a cook.

## TIPS & TECHNIQUES



Photos: Angie Mosier

### *Salt It Like You Mean It*

Hansford underscores the importance of generously salting the water in which you cook farro. Doing so helps season the grain to its core, resulting in a tastier salad.

### *Versatile Vegetables*

What Hansford likes most about this recipe is how flexible it is. Instead of lemon juice, you could use lime juice or vinegar, or try basil, mint or Thai basil in place of the tarragon. Use the vegetables she recommends if you'd like, but consider them merely a starting point. Swap in whatever looks freshest at the market.

[editorial]



[The Reynolds Group Inc.] [www.thereynoldsgroupinc.com]

MAKE THE  
FARRO SALAD



Photos: Angie Mosier

## YIELD

2 servings (plus leftovers)

## INGREDIENTS

Farro, 1 cup

Vegetable broth or water, 2 cups

Dried bay leaf, 1

Kosher salt, 2½ teaspoons, divided

Lacinato kale, 4 leaves (tough stems removed and leaves torn into bite-size pieces)

Small radishes, 2 (thinly shaved with a vegetable peeler or a mandoline)

Small carrots, 2 (peeled and thinly shaved with a vegetable peeler or a mandoline)

Small celery stalk with leaves, 2 (stalk thinly sliced and the leaves left whole)

Feta cheese, 4 ounces (crumbled; about ½ cup)

Fresh lemon juice, 2 tablespoons

Extra-virgin olive oil, 6 tablespoons

Freshly ground black pepper, ¼ teaspoon

Small red beets, 2 (peeled and thinly shaved with a vegetable peeler or a mandoline)

## DIRECTIONS

1. To a medium saucepan, add the:

- Farro
- Vegetable broth or water

Bring to a boil over medium-high heat, then reduce the heat to medium-low and stir in the:

- Dried bay leaf
- 2 teaspoons kosher salt

Simmer until the farro is tender, about 20 minutes. Transfer the farro to a fine-mesh sieve to drain off any excess water, then turn it out into a medium bowl. Remove the bay leaf and discard.

2. To the cooked farro, use a wooden spoon to stir in the:

- Torn kale
- Shaved radishes
- Shaved carrots
- Sliced celery
- Celery leaves
- Crumbled feta cheese
- Lemon juice
- Extra-virgin olive oil

Stir in the:

- Remaining ½ teaspoon kosher salt
- Freshly ground black pepper

Then gently fold in the:

- Shaved beets

Serve.

PRINT RECIPE

SHARE



ASK OUR COOKS

**Need help with this week's recipe?** Get advice and tips from our Tasting Table Test Kitchen about this week's recipe.

TALK NOW »

[editorial]



[The Reynolds Group Inc.] [www.thereynoldsgroupinc.com]