

# Charlie Bird's Farro Salad

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**Total Time** 45 minutes

**Rating** ★ ★ ★ ★ ★ (9,634)

There are two essential steps to a stellar farro salad. The first is cooking the farro with enough salt and aromatics so that it's delicious before you combine it with the rest of the ingredients. The second is to use very good olive oil in the dressing. This farro salad, from the restaurant Charlie Bird in SoHo, hits both these marks. The chef Ryan Hardy cooks the farro in apple cider seasoned with bay leaves and plenty of salt, which renders it good enough to eat on its own. But it's even better after he adds loads of olive oil, plus pistachio nuts and Parmesan cheese to make it even richer. Then, before serving, he folds in fresh vegetables to brighten it up: juicy tomatoes, radishes, arugula and plenty of herbs. There are many farro salads of this ilk out there. This is one of the best.

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## INGREDIENTS

**Yield:** 6 servings

- 1 cup farro
- 1 cup apple cider
- 2 teaspoons kosher salt, more as needed
- 2 bay leaves
- 8 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 70 grams Parmesan cheese, shaved with a vegetable peeler (½ cup)
- 70 grams chopped pistachio

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## PREPARATION

### Step 1

In a medium saucepan, bring farro, apple cider, salt, bay leaves and 2 cups water to a simmer. Simmer until farro is tender and liquid evaporates, about 30 minutes. If all the liquid evaporates before the farro is done, add a little more water. Let farro cool, then discard bay leaves.

### Step 2

In a salad bowl, whisk together olive oil, lemon juice and a pinch of salt. Add farro, cheese and pistachio nuts and mix well. This salad base will keep for up to 4 hours at room temperature or overnight in the refrigerator (bring to room temperature before serving). Just before serving, fold in arugula, herbs, tomatoes, radish and flaky salt to taste.

nuts ( $\frac{1}{2}$  cup)

2 cups arugula leaves

1 cup parsley or basil leaves,  
torn

1 cup mint leaves

$\frac{3}{4}$  cup halved cherry or grape  
tomatoes

$\frac{1}{3}$  cup thinly sliced radish

Maldon or other flaky sea salt,  
for finishing

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