

Farro and Tomato Salad with Fish-Sauce Vinaigrette

2025-10-07

Blurb

Salty, crunchy, and herbaceous—a perfect side dish for grilled meats or fish.

Ingredients

- 1 garlic clove, grated
- 3 tablespoons fish sauce (such as nam pla or nuoc nam)
- 2 tablespoons white wine vinegar
- 1 tablespoon sugar
- 1 cup semi-pearled farro
- Kosher salt
- 1 tablespoon olive oil
- 1 bunch scallions, trimmed
- 8 ounces small tomatoes, preferably heirloom, cut into ½-inch wedges
- 8 ounces cherry and/or pear tomatoes, halved
- 2 Persian cucumbers, thinly sliced
- ½ cup parsley leaves
- ½ cup tarragon leaves
- Freshly ground black pepper

Instructions

1. Whisk garlic, fish sauce, vinegar, sugar, and 1 Tbsp. water in a small bowl until sugar dissolves.
2. Do Ahead: Vinaigrette can be made 1 week ahead. Cover and chill.

3. Cook farro in a medium pot of boiling salted water, stirring occasionally, until tender, 20–25 minutes. Drain; transfer to a large bowl.
4. Heat oil in a large skillet over medium-high. Cook scallions, turning occasionally, until charred all over, about 4 minutes. Transfer to bowl with farro. Add both types of tomatoes, cucumbers, parsley, and tarragon and toss to combine. Add vinaigrette and toss again to coat; season with pepper.

End-blurb

Comments

- I think Yum! Some charred corn is a nice addition as well!
- Wow this is really greater than the sum of its parts. I sprinkled peanuts on it and a fried egg and made a meal of it and it was SO GOOD.
- New Summer Staple I made this for a party a few weeks back. It was such a hit that I've had several requests for the recipe, and have made it for three other parties. I've made it so many times that I have it memorized.
- Tis was very nice and delicious, the flavours really meshed well together

Metadata (YAML)

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- Salad  
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