

PEP IT UP

Big-batch farro salad is easy to make and even easier to eat



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Home with the Lost Italian

Fargo

I love a good big-batch salad — the kind I can make on a weekend and enjoy throughout the week without feeling guilty. This Pepperoni Farro Salad with Garlic-Oregano Vinaigrette is a healthy, delicious and creative way to enjoy the nutrition that comes from eating grains without sacrificing flavor.

For this recipe, I used a semi-pearled farro, which means that the grain has been lightly scored to help release its starches when cooking. This gives the grain a wonderfully chewy, yet still crunchy texture that works well with a variety of ingredients.

An ancient grain of the wheat family, farro is a staple in the Italian diet and an excellent source of protein, vitamins and fiber. The high protein and fiber content help to promote a feeling of fullness that benefits a healthy diet.

However, not everyone is keen to eat a salad with a grain as the main

RECIPE TIME CAPSULE

This week in ...

- 2021: Pistachio Pudding Bundt Cake
- 2020: Smoked Salmon Pate
- 2019: Traditional Irish Boxty
- 2018: Irish Stout & Steak Hand Pies
- 2017: Irish Soda Breads
- 2016: Irish Colcannon Potatoes
- 2015: Bow Tie Pasta Provencale
- 2014: Baileys Irish Cream Liqueur & Cheesecake
- 2013: Poached Salmon with Leek Cream Sauce

Recipes can be found with the article at InForum.com.

ingredient. Thankfully, there is a workaround to this, and the keys to a good grain salad are to first choose a delicious grain — in this case, farro — and second, to make it taste as delicious as possible.

With this in mind, I never cook farro in plain water as directed to on most packaging. Instead, I use a combination of water and chicken stock, and always include a bay leaf and touch of salt to create a pilaf. In fact, I do this for all grains, including rice, and it makes such a difference when it comes to depth of flavor.

I like to choose a medley of no more than six ingredients that complement each other without overpowering the grain. For this recipe, I took inspiration from a



Photos by Sarah Nasello / The Forum

Filled with pizza flavors, Sarah's Pepperoni Farro Salad with Garlic-Oregano Vinaigrette is a healthy and delicious way to enjoy eating grains without sacrificing flavor.

variety of classic Italian pizza ingredients, including pepperoni, fresh mozzarella cheese, roasted red peppers and Kalamata olives, and added a bit of celery to give it a lively crunch.

To continue the pizza theme, the salad is tossed with a garlic-oregano vinaigrette made with extra-virgin olive oil, red wine vinegar, Dijon mustard, Parmesan cheese, dried oregano, garlic, crushed red peppers and seasoning. This zesty dressing has a universal appeal that would work well with most salads, or even just for dipping bread, and it will keep in the refrigerator for up to one week.

The farro takes about 45



Farro is an ancient grain of the wheat family and a staple in Italian and Mediterranean cuisines.

minutes to cook, including the time it takes to bring the liquids to a boil. Once done, I remove the farro from the burner and let it

sit for five minutes, then I drain the liquid and remove the bay leaf.

FARRO: Page B6

PEPPERONI FARRO SALAD WITH ITS GARLIC-OREGANO VINAIGRETTE

Serves: 4 to 6

► Ingredients for the farro:

- 1 cups farro
- 1 14.5-ounce can chicken stock
- 2 cups water
- 1 bay leaf
- ¼ teaspoon kosher salt
- 2 tablespoons garlic-oregano vinaigrette

► Ingredients for the vinaigrette:

- 1/3 cup extra-virgin olive oil
- 2 tablespoons red wine vinegar



A medley of Italian pizza-inspired ingredients round out this healthy, big-batch salad, including pepperoni, Kalamata olives, fresh mozzarella cheese and roasted red peppers, with celery added to give the salad a lively crunch.

- 1 teaspoon Dijon mustard
- 1 tablespoon grated Parmesan cheese

- 1 clove garlic, minced
- 1 teaspoon dried oregano
- Pinch of crushed red peppers

- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper

► Ingredients for the salad:

- Cooked farro, cooled
- ½ cup pepperoni slices, cut into quarters
- ½ cup roasted red peppers, roughly chopped
- ½ cup Kalamata olives, roughly chopped
- ½ cup fresh mozzarella, cubed or torn into small pieces
- ½ cup celery, small diced
- Garlic-oregano vinaigrette
- Seasoning to taste

► Directions:

To cook the farro, place the chicken stock and water in a large pot and bring to a boil.

Meanwhile, prepare the vinaigrette: Place all the ingredients in a small bowl and whisk vigorously until well-combined and fully emulsified. Set aside for later use in recipe or refrigerate in an airtight container for up to 1 week.

Once the pot of water has begun to boil, add the farro, bay leaf and kosher salt and return to a boil. Reduce heat to medium and continue cooking for 25 to 30 minutes, stirring occasionally, until the grain softens but still has a slight crunch.

Remove pot from burner, cover and let sit for 5 minutes. Drain the farro into a strainer and discard the bay leaf. Transfer the farro to a large

bowl and drizzle it immediately with 2 tablespoons of the vinaigrette; toss to combine, then let the farro cool for 10 minutes.

Next, add the pepperoni, roasted red peppers, olives, mozzarella and celery. Drizzle with half of the remaining vinaigrette and toss to combine. Add the rest of the vinaigrette and toss again. Taste and add seasoning as desired. Let sit at room temperature for 30 minutes before serving so that the flavors can meld together or refrigerate overnight and bring to room temperature before serving. Leftovers can be refrigerated in an airtight container for 4 to 5 days.

Moorhead's baby boomers found love at Bud's Roller Rink

Moorhead

Boy, did I drop the ball on the timing of this column! It clearly should have run on Valentine's Day!

A while back, I ran across some people reminiscing on social media about their days spent at Bud's Roller Rink in Moorhead. Ah, such great memories of more carefree days listening to Top 40 tunes while going round and round with your best pals from school.

But it turns out Bud's was also a spot where true love blossomed. When I asked people to share their memories of Bud's Roller Rink with me on Facebook, many obliged — and it got a little steamy.

Well, maybe not quite

steamy — after all, it was a roller rink and basically puppy love on wheels.

Even so, while we might be a few weeks past Valentine's Day, I think the world is in need of a little love right now. I hope you'll enjoy some love stories from a more innocent time and a now-closed roller-skating rink.

All about Bud's

But before we get to the love, let's talk about Bud's Roller Rink. Clay County Archivist Mark Peihl might have summed it up best: "Bud's was a Moorhead institution on U.S. Highway 10 for 32 years, from 1962 to 1993. It featured go-karts, a driving range, petting zoo and roller rink."

The names and

attractions changed from year to year. For example, this 1970s-era pamphlet calls it "Bud's Amusement Park." And for a stretch of time in the late '60s, the "Big Slipper" was the premiere attraction. (I'll have more on the Big Slipper in a future column.)

Bud's seemed to have it all for teens in the area. Evelyn Knutson said, "That was the place to be on a Friday and Saturday night! The lights, the music, the chatter. Go-karts were awesome. I think about it every time I go past that corner."

Randy Ball remembers skating there in the mid-'70s. "Walking in there was a stuffed peacock you'd see. Two songs I remember them playing all the time were 'Hitchin' a Ride' and 'Long Cool Woman in a Black Dress.' They'd

have skaters do the limbo. Good times."

Others remember working up the nerve to ask that special someone for a couples skate or "crushing" on a cute boy or girl there.

But it seems crushes born at Bud's often turned into the real thing.

Love on the rink

While many people who commented on Facebook said they most recalled having junior and senior high parties there, I was surprised how many talked about meeting their future spouses at the rink.

"Went there on my first date with my husband," Gloria Aasen said.

"My parents met there while in high school. She was from Moorhead and he was from Hawley (Minn.)," Rhonda Heiberg said.

"Met my husband at



Contributed / Moorhead Spud History

Bud's Roller Rink in Moorhead was "the place to be" for teens in Fargo-Moorhead from 1962 into the 1990s. And for some it was the place to meet your crush or even your future spouse.

Bud's in 1971," Beverly Rognlie said.

I really enjoyed hearing Darlene (Thompson) Meyer's Bud's love story.

"In the mid-'60s, my co-worker and I went skating at Bud's. She didn't skate very well

and I was helping her. A young man skated up and helped her

and skated with us all evening. I thought he had eyes for her. She was a beautiful young woman. As it turned out,

LOVE: Page B6