

▷ "I'm always trying to find ways to replace water with something that adds flavor," says **Ryan Hardy**, chef at New York's **Charlie Bird**. He gives grains a bath in apple cider, but you've got plenty of options (see right).

## WHY NOT TRY:

- VEGETABLE JUICE
- STOCK
- BEER
- COCONUT MILK

## NOW TRENDING

**A Splash of Cider**

Boiling farro in apple cider—a move from New York restaurant Charlie Bird—infuses grains with character

**Apple Cider–Cooked Farro**

ACTIVE 15 MIN - TOTAL 1 HR

**4 SERVINGS**

- 1 bay leaf
- 2 cups apple cider
- Kosher salt
- 1 cup semi-pearled farro
- 2 Tbsp. apple cider vinegar
- 2 Tbsp. olive oil
- Freshly ground black pepper
- $\frac{1}{2}$  small celery root (celeriac), peeled, cut into matchsticks
- $\frac{1}{2}$  medium sweet-tart apple, cored, cut into matchsticks
- $\frac{1}{4}$  small red onion, thinly sliced
- $\frac{1}{2}$  cup fresh parsley leaves with tender stems
- $\frac{1}{4}$  cup coarsely chopped black olives
- 1 oz. Pecorino, shaved

Combine bay leaf, apple cider, and 2 cups water in a medium saucepan; season with salt. Bring to a boil, reduce heat to medium-high, and add farro. Simmer until al dente, 25–30 minutes; drain. Spread out on a rimmed baking sheet; let cool.

Toss farro, vinegar, and oil in a large bowl; season with salt and pepper. Add celery root, apple, onion, parsley, olives, and Pecorino and toss to combine; season with salt and pepper. *Calories 369 - Fat 11 g - Fiber 5 g*

