

Farro and Root Vegetable Grain Bowl

<p>1 whole beet 1 sweet potato, peeled, medium diced 1 cup farro, soaked ahead of time for 30 minutes</p> <ul style="list-style-type: none">• Thyme sprig• Crushed garlic clove• Ewoo• Salt and pepper <p>2 cups Arugula, divided ¼ cup Roasted Hazelnuts, skins removed, divided ¼ cup pomegranate seeds, divided</p> <p>1 turkey breast with, sous vide to 165 F for 1 hour minimum, with butter, sage, thyme, and parsley High temperature cooking oil Salt and pepper</p>	<p>Maple Dijon Dressing 1 small shallot, minced 2 Tbl maple syrup 1 tbl Dijon mustard 1 Calabrian chili, minced fine Juice of half a lemon 1 tbl white wine vinegar ¼ tsp minced thyme ¼ cup EVOO Salt and pepper</p>
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Serves 2

Directions:

Turn your CSO to steam mode at the highest possible temperature 210/212 F

Place the rinsed, whole beet in a shallow pan. Steam for 40 minutes

Place the soaked farro in a separate shallow pan with 1 cup of water or stock plus aromatics and seasoning. Steam for 40 minutes

Place the diced sweet potatoes in a shallow pan, drizzle with a little olive oil, salt and pepper. Steam for 20 minutes

While the vegetables and grains are steaming, assemble the dressing: place all the ingredients except for the olive oil in a small bowl, now slowly drizzle in the olive oil while whisking vigorously until emulsified. Season with salt and pepper, set aside.

Once the turkey has fully cooked by sous vide method, it's time to reverse sear. Remove the turkey breast from the bag, and pat dry. Season the outside generously with salt and pepper. Heat a medium pan to high temperature, and coat with Canola or vegetable oil. Sear all side of the turkey until a crust has formed and the skin has crisped. Remove from the pan and slice.

Remove the beet from the oven, using a paper towel, remove the skin, it should slide off easily. Slice into wedges or dice into medium sized cubes. Toss with a little EVOO, salt and pepper.

Assemble the Grain Bowl: Toss the farro with the arugula, hazelnuts, pomegranates (reserving half for garnish.) along with half the dressing. Add more as needed, adjust to taste. Transfer to individual serving bowls, top with beets, sweet potatoes, sliced turkey, plus the extra arugula, pomegranate and hazelnuts. Drizzle the top with more dressing and ENJOY!