



Wine RayZyn's

These Wine RayZyn's are a crunchy superfood in three flavors - ChardonayZyn, MerlayZyn, and CabernayZyn are really simply dried wine grapes. They're delicious and super crunchy. A little different than you'd expect, the crunch comes from the seeds and the seeds have more antioxidants than the rest of the dried grape, so crunch away!!

I made this warm farro salad with the RayZyns, (any flavor will work), some sautéed onions and radishes. I'm calling this a salad because of the radishes



but believe me, this was delicious and comforting, even on a cold winter night. Finishing it with the sherry vinegar adds just the right amount of acid to tie the sweet.

Ingredients

Serves 4

- ◆ 1 cup farro
- ◆ 1 tsp. coarse sea salt
- ◆ 3 cups water
- ◆ 2 Tbs. olive oil, divided
- ◆ 1 small onion or shallot, minced
- ◆ 1 anchovy fillet, drained and patted dry
- ◆ 1 Tbs. unsalted butter
- ◆ 3 radishes, chopped
- ◆ 1/2 cup RayZyns, any flavor, finely chopped
- ◆ Fine grind sea salt
- ◆ Freshly ground pepper
- ◆ 1 Tbs. sherry vinegar

Instructions

1. Combine farro, water and 1 tsp. coarse sea salt in a small pot. Bring to a boil and reduce heat to a simmer. Test after 15 minutes. The texture of the farro should be soft and chewy, a little al dente. And the farro should always be covered with water while cooking. This will take 15 – 30 minutes of cooking time.
2. Meanwhile, as the farro is cooking, in a small skillet, warm the olive oil on low heat and add the minced onion or shallot and the anchovy. Cover and let cook on low heat for 10 minutes to soften and sweeten the onion, and melt the anchovy, stirring occasionally.
3. Uncover and add the chopped radishes and cook for just 3 minutes on medium high heat. Remove the skillet from the heat and add the 1 Tbs. of butter. Swirl it around to melt the butter off heat, but keep the skillet in a warm place.
4. Finely chop the RayZyn's, any flavor will be delicious.
5. Drain the farro when done. Shake the colander and stir the grains to remove any extra water. Lay the farro out on one-half of a clean linen or cotton towel and cover with the other half of the towel to mop up any extra water from the farro.
6. In a warm bowl, combine the farro, the radishes and onion mixture, the finely chopped RayZyns, plus 1 Tbs. good olive oil and sprinkle the sherry vinegar over all. Toss to combine well and taste for salt and pepper. It may not need any salt.

Notes

Serve immediately, with LOVE!