

Roasted Butternut and Wheatberry Salad

Serves 4

Jason M. Furch, King Arthur Flour

Ingredients:

1 cup wheatberries
1 peeled butternut squash, ½ inch diced
½ small red onion, thinly sliced
½ cup dried cranberries
2 Tbsp roasted pumpkin or sunflower seeds
¼ cup crumbled Feta cheese
10 oz mixed greens
Vegetable oil
Sage, chopped
Salt and pepper

Red Wine Vinaigrette:
4 oz red wine vinegar
8 oz vegetable oil
1 tsp Dijon mustard
1tsp sugar
salt and pepper to taste

Method:

Preheat oven to 400°. On the stove bring 2 qts of water, a pinch of salt and a sprinkle of pepper to a boil. Add wheatberries and cook until tender stirring occasionally, about 25 minutes. Strain and cool. Toss diced butternut squash with oil, salt pepper and sage, place on a cooking sheet and bake for 30 minutes stirring every ten minutes. The wheatberries and butternut can be prepared in advance and utilized at a later date. The wheatberries can also be frozen after cooking and thawed as needed.

To prepare the vinaigrette place the sugar and vinegar in a bowl and whisk to start to dissolve the sugar. Add the Dijon and a pinch of salt and pepper. While whisking slowly, drizzle the oil into the bowl. Continue whisking until a smooth emulsion is formed.

In a large bowl mix the wheatberries, butternut, red onions and cranberries together with about 1 oz of vinaigrette. This step can also be done ahead of time and the ingredients can “marinate” overnight. Toss wheatberry mixture with mixed greens and 3 oz of vinaigrette. Top with pumpkin seeds and Feta.

Barley Porridge

Ingredients:

Cooked Barley
1 cup pearled barley
½ teaspoon of salt

Barley Porridge
2 cups cooked barley
Salt
½ cup milk
2 tablespoons Vermont maple syrup
2 tablespoons chopped nuts (hazelnuts, almonds, walnuts)
Fresh fruit

Method:

Bring 3 cups of water, salt and barley to a boil. Reduce to a simmer and cook for about 40 min. until the barley is tender. This can be done days ahead in larger batches and then used as needed.

For porridge: combine cooked barley, milk and maple syrup and simmer for about 15 minutes. Top with nuts or granola and fresh fruit.

Rye Pilaf

Ingredients:

1 cup rye berries
2 cups of vegetable stock
½ small yellow onion diced
1 clove of garlic, chopped
1 tablespoon of olive oil

Method:

Bring the vegetable stock to a simmer. In a heavy bottomed saucepan, place oil and onion and simmer until translucent. Add garlic cook slightly. Add rye berries, stir to coat in oil. Add vegetable stock cover with a tight lid and simmer for about 1 hour. Add more liquid if necessary.