

Moroccan Wheat Berry Salad

Recipe From: Liz Barbour

Serves 6

1 1/2 cups wheat berries (dry)
4 cups hot water
4 TB olive oil
1/2 cup yellow onions, chopped
1 cup celery, chopped
2 tsp mild curry paste or curry powder
10 dried apricots, chopped
1/4 cup dried cranberries
1 TB orange zest, finely grated
3/4 cup sliced almonds, toasted
2 Tbs fresh mint leaves, chopped
3 TB fresh orange juice
3 scallions, chopped
Kosher salt and pepper

1. Bring the water and the wheat berries to a boil in a 4-quart saucepan. When it comes to a boil, reduce the heat to low and simmer gently for 60 minutes. They will still have a slight bite to them. Strain out any remaining water and set aside in a bowl with a cover to keep warm.
2. In sauté pan, heat 2 Tbs of olive oil, onions and celery over medium-low heat until they are soft (do not brown), about 5-8 minutes.
3. Add the curry paste, apricots, and cranberries and sauté for an additional 3 minutes, stirring occasionally.
4. Add the pan ingredients to the warm wheat berries along with the green onions, toasted almond, and mint.
5. Drizzle the remaining 2 Tbs of olive oil, orange juice, and zest to the salad. Season with salt and pepper to taste. Serve hot.

Notes:

- For added sweetness, add honey to taste.
- For a little spice, cook the wheat berries with some American Chai tea.

Going with the Grain Nutritious wheat berries

By Kathy Farrell-Kingsley

Few foods are tastier and healthier than wheat berries

Think of a wheat berry as a tiny package with the nutritional potential of a mature wheat plant. Then imagine the rewards of a wheat berry-based dish--protein, carbohydrates and B vitamins. It also offers a delicious nutty flavor and pleasing chewy texture.

Unfortunately, wheat berries are not generally found on supermarket shelves. They can be found at most natural foods stores, however, where they are sold both loose (in bulk) and packaged. A bulk purchase is the cheapest and most sensible way to go in the long run, since wheat berries have a rather extended shelf life.

Most of the wheat berries sold in shops are hard (red) wheat. Ideally, the grains should have a uniform deep russet brown color and there should be no undersized kernels or husks remaining among those you purchase, since wheat husks are inedible.

Store wheat berries in an airtight container in a cool, dry, dark place. If you live in a warm climate, store them in the refrigerator where they will keep up to one year. Though many recipes specify that the berries be soaked overnight to prepare them for cooking, this is not absolutely necessary. Soaking just makes the wheat more digestible and allows it to cook more quickly. Fully cooked wheat berries may be eaten plain, tossed into salads and other vegetable mixtures or added, to breads to enhance their texture. The berries also freeze well, so you can cook extra to have on hand.