

Apple Wheat Berry Salad

Serves 6-8

Ingredients:

1 cup wheat berries
Kosher salt
½ cup raisins
2 Tbsp Calvados (or Rum)
4 whole cloves
⅓ cup apple cider vinegar
3 Tbsp fresh lemon juice
7 Tbsp extra virgin olive oil
Fresh ground black pepper
1 stalk celery – washed and diced small
¼ cup flat leaf parsley – chopped
2 red apples – cored and diced small
⅔ cup diced fresh fennel
½ cup coarsely chopped walnuts – toasted

Method:

- Cover wheat berries with abundant cold water and allow to soak overnight.
- Drain wheat berries the next day and combine with 2 cups water and 2 tsp salt in a sauce pan. Cook at a simmer until wheat berries are tender and chewy – about 15 minutes. Drain completely and place in a large bowl.
- While wheat berries are cooking, plump raisins by combining them in a bowl with ½ cup warm water, Calvados and cloves. Let sit for 30 minutes, remove cloves and drain thoroughly, reserving raisins.
- Combine apple cider vinegar and lemon juice in a small bowl. Whisk in olive oil to emulsify. Season to taste with salt and pepper, pour over warm wheat berries.
- Add celery, parsley, apples, fennel, walnuts and plumped raisins to bowl with wheat berries and stir completely.
- Serve immediately, or allow to cool to room temperature to serve. Can also be served cold. Will keep in fridge, well covered, for 2 days.