

Berry Fine Feast



Berries abound in this nourishing salad combo tonight. Part of the tabletop celebration will be a dazzling seasonal salad of strawberries, raspberries, blueberries and blackberries. You'll set them off with a yogurt, mint and honey sauce.

You'll also cook the ancient grain farro (also known as emmer). The farro anchors a terrific sweet and savory salad made with toasted hazelnuts, chopped scallions and dried tart cherries.

Serve the salads alongside a piece of smoked salmon or trout with a warmed baguette. It's a great leisurely Sunday feast. **Preparation time: 2 hours. (Includes chilling time) - Servings: 4**

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients in small bowls so they are easy to add when you need them.

About Roasting Hazelnuts:

Roast them under the broiler or in a 400° oven. Stay with them and keep rolling them to thoroughly blacken outer skin. Let cool and remove skins by rubbing five or six nuts at a time between your palms. The loose skins will fall away. Coarsely chop, leaving some pieces in halves.

Farro

1 C. dried farro
3-1/2 C. water
pinch of salt

Seasonal Mixed Berry Salad

2 C. halved strawberries
1- 1/2 C. raspberries
1 C. blackberries
1 C. blueberries
1/4 C. plain, nonfat yogurt (stirred smooth)
1 tsp. mint leaves (finely-chopped)
1/2 tsp. honey

Farro/Hazelnut Salad

2-1/2 C. cooked farro (drained)
1 C. hazelnuts (toasted, skins removed, coarsely chopped)
1 C. dried tart cherries
1 C. chopped green onions
1 C. chopped parsley

3 T. lemon juice
3 T. extra-virgin olive oil
1 T. low-sodium vegetable broth
1/2 tsp. salt
1/2 tsp. black pepper

(If sweet cherries are still available, you can substitute 1 C. halved and pitted fresh sweet cherries for the dried cherries.)

*Cook Farro
early in the day.*

Remaining Items

8 oz. smoked salmon or trout
1 baguette

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Be sure to put the farro on to cook early in the day. Bring grain and water to a boil, reduce heat to medium-low, cover and set a timer for 60 minutes. When timer sounds, remove from heat and let stand until cool.

Make the salads early enough to chill for at least an hour.

Farro/Hazelnut Salad

Salad Assembly:

1. Place toasted and chopped hazelnuts and dried cherries in a large bowl.
2. Toss in chopped green onions and parsley.
3. Drain water off of cooked farro. Measure 2-1/2 C. farro into the bowl. Toss well.
4. Mix lemon juice, olive oil and broth and toss with all ingredients in the bowl. Season with salt and pepper, cover and refrigerate 1-2 hours.

Seasonal Mixed Berry Salad

1. Place all prepped berries in a medium-sized bowl.
2. In a separate, smaller bowl, stir yogurt, mint leaves and honey together.
3. When well blended, pour over berries and gently fold creamy sauce and berries together.
4. Cover and refrigerate 1-2 hours.

Warm bread and Serve the Meal

1. About 20 minutes before you wish to dine, wrap bread in foil and place in a 250° oven.
2. Place the smoked salmon or trout on a separate serving plate.
3. I prefer serving this meal family-style. It's nice to allow folks to help themselves and graze as they enjoy an evening of food and conversation.

What I've Learned from this Recipe

Ancient heirloom grains like emmer or farro have pretty much the same nutrient profile as American whole grains like wheat berries. The ancient grains may have marginally higher concentrations of minerals, antioxidants and micro-nutrients. Ancient grains also tend to have a slightly lower gluten content.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com

