

U06 Wheat Berry Salad (Pricechopper wheat berry salad  
ingredients 4/19/11)

Toast gently 1C wheat berries (same as supplied for making  
flour) in dry 3qt saute pan, medium-high heat, stirring  
to prevent scorching, observe slight color change.  
Soak overnight in 2-1/2 water weak chicken broth (2-1/2 water  
and 2C chicken boullion equivalent.)  
Boil, then simmer low heat 50 min, add water as necessary, till  
liquid absorbed, let stand till cool.  
Drain any remaining liquid. Toss in large mixing bowl.  
Add 2-3T Rice vinegar  
2T mirin  
1T sesame oil  
1/4C minced dried sweet cranberries  
1/4C green pepper  
1/4C red onion/scallion minced  
Toss, adjust flavorings.

Note. Try whole grain rice instead of wheat berries. Toast same  
as wheat berries. No soaking necessary. Boil in 2C broth, simmer  
low heat 15min till liquid absorbed. Let stand.

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Pearl (Israeli) Couscous Salad  
Toast gently 1C Israeli pearl whole grain couscous in dry 3qt  
saute pan, medium-high heat, stirring to prevent scorching,  
observe slight color change.  
Prepare 2C chicken boullion, bring to boil.  
Add cousous, simmer 10min low heat, till liquid absorbed, let  
stand till cool.  
Drain any remaining liquid, toss in large mixing bowl.  
Add 3T olive oil  
2T rice vinegar  
2T mirin  
1/4C minced dried sweet cranberries  
2T pine nuts  
1/4C red onion or scallion minced  
1/4C minced green pepper  
Toss, adjust flavorings.

Note: This recipe can be adapted to include any fruit, nuts or  
vegetables you fancy. Apples, maple syrup, etc. Also this can be  
a very seasonal dish. Simply dice additional fresh vegetables  
(butternut squash in the fall, zucchini in the summer) and toss  
in.