

Wheat Berry Salad

Sweet Grass Ranch | September 2006



Whole grains are common at Sweet Grass. Use all three grains (see Note for cooking times) or just one or two—as long as the total is 5 cups. Cool fresh-cooked grains before using.

- 3 CUPS COOKED WHEAT BERRIES (1 CUP UNCOOKED)*
- 1 CUP COOKED BROWN RICE (1/3 CUP UNCOOKED)*
- 1 CUP COOKED BARLEY (1/4 CUP UNCOOKED)*
- 1/2 CUP DRIED CHERRIES OR CRANBERRIES
- 1/4 CUP CHOPPED CELERY
- 1/4 CUP CHOPPED FRESH PARSLEY (OPTIONAL)
- 1 MEDIUM RED APPLE, CORED AND CHOPPED
- 4 GREEN ONIONS, SLICED
- 1/2 CUP SALAD OIL
- 1/3 CUP CIDER VINEGAR
- 3 TBSP. SUGAR
- 3 TBSP. FINELY CHOPPED RED ONION
- 1 TBSP. WORCESTERSHIRE SAUCE
- 2 CLOVES GARLIC, MINCED

In a large bowl combine the wheat berries, brown rice, barley, cherries, celery, parsley (if desired), apple, and green onions; set aside.

For dressing, in a medium bowl whisk together the oil, vinegar, sugar, red onion, Worcestershire sauce, and garlic. Pour over wheat berry mixture and toss to coat. Cover and chill for at least 1 hour or up to 24 hours. Makes 8 to 10 servings (7 cups).

*NOTE: To cook wheat berries, simmer 1 cup berries with 3 cups water, covered, for 1 hour. Drain. For brown rice, simmer 1/3 cup rice in 3/4 cup water, covered, for 40 minutes. Drain, if necessary. For regular barley, simmer 1/4 cup barley in 1 1/3 cups water, covered, for 40 minutes. Drain, if necessary.