



FOOD DRINK AND CONVERSATION
FROM AROUND THE TABLE

Wheat Berry Salad with Feta, Pine Nuts & Basil

serves 3-4

Ingredients:

- 1 cup soft wheat berries, rinsed
- 3 cups water
- 1 teaspoon fine-grain sea salt, plus more as needed
- 1 cup loosely packed basil plus 5 additional large leaves chopped
- 1/2 cup extra virgin olive oil
- 1/3 cup toasted pine nuts
- 1/3 cup crumbled feta cheese

Combine the wheat berries, water and 2 teaspoons salt in a large saucepan over medium-high heat. Bring to a boil, lower the heat, and simmer, covered, until plump and chewy, about an hour or so. The berries should stay al dente, and the only way to be sure they're done is to taste a few. Chewy but firm. Drain and season to taste with more salt.

To make the dressing, put olive oil and 1 cup clean, loosely packed basil leaves in a blender with a pinch of salt. Drizzle desired amount over wheat berries and stir to coat. You can also substitute a store bought pesto mixed with extra olive oil to make it runny enough to use as a dressing.

Toast pine nuts in a pan or oven (I use a toaster oven) until light brown. Toss pine nuts, crumbled feta and ribbons of basil into the salad.

HINT: Stack basil leaves on top of each other. Roll them up the long way to create a "cigarette" shape. Slice it very thin (1/8 inch). You will have nice ribbons of basil for garnish or salads.