



From Freshwater

designed by Beth Dooley

Hearty Grain Salad With Elderberry Vinaigrette

Serves 4

Ingredients

½ cup wild rice
½ cup kernza or barley
1 teaspoon salt
2 tablespoons elderberry juice
1 tablespoon cider vinegar
1 clove garlic smashed
1 tablespoon coarse mustard
1 tablespoons honey
½ cup hazelnut oil
4 scallions, thinly sliced
½ pound asparagus, blanched and cut into
1-inch pieces
½ cup sliced radishes
½ cup hazelnuts
Watercress and or sorrel for garnish

Instructions

Put the grains into a medium pot and add enough water to cover by about 4 inches and stir in the salt. Set over high heat, bring to a boil, reduce the heat and simmer until the grains have opened, about 20 to 30 minutes. Drain and set aside.

In a small bowl whisk together the elderberry juice, vinegar, garlic, mustard, and honey until combined, then whisk in the hazelnut oil.

Turn the grains into a large bowl and toss in the scallions, asparagus, radishes and then drizzle in enough of the vinaigrette to lightly coat the ingredients. Arrange the watercress and sorrel on a serving platter and then mound the grains on top of the greens. Garnish with the hazelnuts.