

Warm Wheat Berry, Mushroom, Tomato & Arugula Salad

Swick

Serves 1 | Active Time: 40 minutes | Total Time: 2 hours

Step 1: Soaking & Cooking the Wheat Berries

- 1 cup cooked wheat berries

Wheat berries are best soaked before cooking. Simmer the soaked grains by following the instructions in the lesson on How to Cook Grains.

Step 2: Slow-Roasting the Tomatoes

- 8 oz baby tomatoes
- 2 tbsp red wine vinegar
- 1 tsp sugar

Preheat your oven to 250 degrees Fahrenheit (120 degrees Celsius).

Cut the tomatoes in half and place into a bowl. Gently toss the tomatoes with the red wine vinegar and sugar. Line a tray with parchment and arrange the tomatoes cut-side up.

Transfer to the oven and slow roast for approximately 2 hours or until the tomatoes have just started to brown, shrivel and concentrate.

Step 3: Sautéing the Mushrooms

- 1 lb button mushrooms
- 1 tbsp grapeseed oil
- sea salt (to taste)
- freshly ground black pepper (to taste)

Clean, trim and slice the mushrooms. Start to cook the mushrooms once the grains are just about done.

Pre-heat a stainless-steel pan over high heat. Once hot, but not smoking, add the oil, followed by the mushrooms. Sprinkle with a touch of salt and pepper to taste. Let the mushrooms cook over high heat until they release their moisture and turn golden brown. Toss the mushrooms from time to time so they color evenly. Once the mushrooms are golden brown, season to taste and transfer to a plate. Set aside.

Step 4: Assembling the Salad

- 10 oz arugula, washed
- extra-virgin olive oil (to taste)
- sea salt, to taste
- freshly ground black pepper, to taste

If the grains are pre-cooked, steam them to reheat them (refer to the grains lesson).

Place the arugula into a large bowl and pour the warm grains and sautéed mushrooms over top. Drizzle with a touch of olive oil and toss. Season to taste.

Plate the salads and top with the roasted tomatoes and serve.