

ANCIENT GRAINS SALAD WITH CRANBERRY VINAIGRETTE

Serves 6

Ingredients

- 1 cup of cook farro
- 1 cup of cooked rainbow quinoa
- 1 cup of cooked wild rice
- 1 cup of cooked rye berries
- 1/2 cup of trimmed/cleaned frisee lettuce
- 1/4 cup of sliced green onions
- 1 cup of sautéed or grilled mixed mushrooms
- 1/2 cup of toasted hazelnuts
- Extra virgin olive oil to taste
- Salt and pepper to taste
- 1 cup of dried cranberry vinaigrette (separate recipe follows)



Preparation

In a bowl, mix all four grains with the frisee and green onions. Dress the grains with olive oil, salt, and pepper to taste. Plate the salad using a ring mold for presentation value. Top each salad with a spoonful of mushrooms. Drizzle 1 ½ oz. of the cranberry vinaigrette around the salad and sprinkle with toasted hazelnuts.

Dried Cranberry Vinaigrette (to accompany)

Yields 1 quart

Ingredients

- 3 cups of grape seed oil
- 1 ½ cups of cider vinegar
- 2 tablespoons of water
- 1 shallot
- 2 tablespoons of Dijon mustard
- 2 tablespoons of agave nectar
- 1 cup of dried cranberries
- Salt and pepper to taste

Preparation

In a blender, puree the shallot, Dijon mustard, agave nectar, and vinegar. Slowly stream in the oil. Use the water to thin the vinaigrette slightly. Remove dressing from the blender, fold in the cranberries and season to taste with salt and pepper.