

Kamut Salad with Carrots and Pomegranate

Serves 4-6

Ingredients:

- 1 cup water
- 1/2 cup Kamut berries, soaked over-night and drained
- 2 1/2 cups shredded carrots (about 3 medium)
- 3 tablespoons freshly squeezed orange juice
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon honey
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon fine sea salt
- 2 tablespoons extra-virgin olive oil
- 1/4 cup toasted, chopped walnuts
- 1/2 cup pomegranate seeds, for garnish (optional)



Preparation:

1. To prepare Kamut, bring the water and Kamut berries to a boil in a small heavy-bottomed sauce pan. Decrease the heat to maintain a simmer, cover and cook until the Kamut berries are tender but still slightly chewy, 50 to 60 minutes. Remove from the heat and, if you have time, let it sit, covered, for 10 to 15 minutes. Drain any remaining liquid and transfer to a large serving bowl to cool.
2. Once the Kamut has cooled, make the salad. Add the carrots and golden raisins to the serving bowl. In a small bowl, whisk together the orange and lemon juices, honey, cinnamon, and salt until smooth. Gradually whisk in the olive oil in a thin stream.
3. To finish, pour the dressing over the salad and toss to combine. Taste and adjust for salt. Let sit at room temperature for 15 minutes to allow the flavors to come together. Toss again before serving; sprinkle with the walnuts and garnish with the pomegranate seeds.

To get a head start: Make the Kamut berries, as in step 1, ahead of time. Cooked grains can keep in the fridge for up to five days. In a hurry on the day of the party? The salad, (without the walnuts and pomegranate seeds) can be prepared 4 to 6 hours ahead. Chill, covered. Bring to room temperature before serving.

To vary it: You can use about 1 1/2 cups cooked farro, spelt, or hard or soft wheat berries if Kamut is hard to find.

Adapted from: *Ancient Grains for Modern Meals: Mediterranean Whole Grain Recipes for Barley, Farro, Kamut, Polenta, Wheat Berries, & More* by Maria Speck