

RED WHEAT BERRIES SALAD WITH BEETS, WATERCRESS AND GOAT CHEESE TOSSED IN CLEMENTINE VINAIGRETTE

2 cups hard spring or winter red wheat berries, rinsed, soaked in cold water overnight

4-to-5 red beets, scrubbed, wrapped individually in aluminum foil

Red onion, finely diced

Roasted Spanish Marcona almonds, coarsely chopped

Watercress

Goat cheese, crumbled

For Clementine Vinaigrette:

Lemon zest

Garlic, minced

Orange blossom honey

Clementine juice

Aged balsamic vinegar; or aged white balsamic vinegar

Olive oil

Salt and ground black pepper

Prepare wheat berries. Bring a large pot of salted water to a boil, add wheat berries, bring back to a boil once more and simmer uncovered on low 45-to-90 minutes until tender. The grains should have a chewy texture and a nutty flavor. Drain; set aside.

Prepare beets. Roast beets in a preheated 400F oven until a knife glides easily in-and-out; about 50-to-90 minutes. Cool before you remove foil, trim edges and rub skin off and then cut into cubes; set aside.

Prepare vinaigrette. Combine first five ingredients in a small bowl. Slowly drizzle in olive oil as you whisk until emulsified into the dressing. Season with salt and pepper; set aside.

Assemble salad. Combine wheat berries, beets, onion and almonds in a bowl and gently toss with dressing. Chill 45-to-90 minutes to allow flavors to blend. Add watercress; chill another 30 minutes or so. Top with goat cheese and serve.