

Autumn Vegetable Salad

Goat Cheese, Wheat Berries, Truffle-Honey Plum Chutney



INGREDIENTS

For the Vegetables:

- 1 Butternut Squash, peeled, seeded and cut into medium dice blanched in salted boiling water until just done
- 4 beets, roasted, peeled, and cut into medium dice (mix red and yellow if possible)
- 1 fennel bulb, split lengthwise, trimmed and thinly sliced
- 1 Onion, pickled. See below
- 1/2 # crumbled goat cheese

For the Pickled Onion:

- 1/4 cup red-wine vinegar
- 1/4 cup orange juice
- 1/2 tsp. salt
- 6 tablespoons extra-virgin olive oil
- Hefty Pinch of sugar
- 1/2 lb thinly sliced red onion, about 2 cups
- salt to taste

For the Wheat Berries:

- 1 1/2 c. hard wheat berries
- 3/4 cup Pumpkin seeds
Toasted
- 2 stalks celery, finely chopped
- 1/2 cup tart dried cherries, chopped
- 1 scallion, white and green parts, chopped
- 1/2 cup finely chopped parsley leaves
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- Salt and freshly ground black pepper

DIRECTIONS

For the Pickled Onions:

Bring vinegar, orange juice, oil, sugar, salt to a simmer in a small saucepan. Stir in shallots and remove from heat.

For the Wheat Berries:

In a large pot combine the wheat berries and enough water to come 2 inches over the wheat berries. Bring to a boil and cook uncovered for 1 hour, or until tender. Drain and let cool. Toast the Pumpkin seeds in a medium dry skillet over medium-high heat until fragrant, 2 to 3 minutes.

In a large bowl, combine the wheat berries, walnuts, celery, dried cherries, scallions, parsley, olive oil and lemon juice. Season, to taste, with salt and pepper.

For the Dark Rye Crumble:

Cut rye into medium dice. Toss with melted butter, fennel seed, caraway, nigella seeds, and salt. Toast until crisp. In a large bowl, combine the wheat berries, walnuts, celery, dried cherries, scallions, parsley, olive oil and lemon juice. Season, to taste, with salt and pepper.

specialty of:
Executive Chef Ken Baker

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INGREDIENTS

For the Truffled Honey-Plum Chutney:

- 1 1/4 cups honey
- 1 1/4 cups light brown sugar
- 1 cup cider vinegar
- 1 1/2 cups golden raisins
- 1 small onion, peeled and thinly sliced
- 1/3 cup grated peeled ginger
- 3 cloves garlic, peeled and thinly sliced
- 1 tbsp. salt
- 4 1/2 tsp. mustard seeds
- 2 1/2 tsp. red pepper flakes
- 4 lbs. Italian prune plums, pitted and quartered
- 2 Tbs. truffle oil.

DIRECTIONS

For the Truffled Honey-Plum Chutney:

Bring sugar, honey and vinegar to a boil in a heavy medium pot over medium heat. Stir in raisins, onions, ginger, garlic, salt, mustard seeds, and pepper flakes. Bring to a simmer. Stir in plums. Reduce heat to maintain a gentle simmer and cook, stirring occasionally, until chutney is dark and thick, about 3 3/4 hours. Let cool and whisk in truffle oil.

Plating:

Spoon a dollop of the chutney onto the off-center of plates. Toss wheat berry salad, warm or cold, with butternut, beets, and Goat cheese. Spoon mixture on top of chutney. Place shaved fennel, pickled onion, and rye crumble on top in a decorative fashion.

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