

Kamut and Kale Salad

Reducing processed food in the diet is all about cooking from scratch, and fitting that into your busy schedule is all about being organized and efficient in the kitchen. One of the ways we're going to achieve a high level of efficiency is to get two, or even three outcomes out of a single set of tasks. This recipe is a great idea for a week when you might be making a whole grain pilaf and some braised greens. Pull some of the kale out when you are washing the greens, and after cooking the grain berries for the pilaf you can set aside some for this recipe as well. With the grain cooked and the kale washed this recipe takes less than 10 minutes and you might not even dirty another pan or utensil!

This recipe relies on a very old and easily recognizable flavor combination. The sweetness of the raisins and onions set against the sourness imparted by the olives and vinegar make this strangely familiar to those trying it for the first time.

Cooked Kamut	3+ cups
Steamed Kale	2 bunches
Raisins	1 cup
Grape tomatoes	1 pint
Bermuda onion	1 large
Kalamata olives	(1) 6 oz jar
Pear vinegar	3 Tbls
Garlic powder	1 tsp
Bragg's Aminos	1 tsp
Black Pepper	a few turns

Read about cooking grain berries in the recipe for whole grain pilaf. You can cook berries specifically for this recipe, but few of us will have the time to do that, so plan ahead and simply pull berries from some that you have already prepared for another purpose. Also check the recipe for braised field greens to get some info about washing greens. Just use the leaves here, but save the stems for a soup or to add to a batch of braised greens.



Place the whole kale leaves into a pot of boiling water, I never use a big enough pot because I don't want to go through the hassle of washing it and because on cooking day there's always a pot that's already dirty that I can just rinse out and use again. Getting multiple outcomes from one task goes for dishes too; if I can use a pot four times and just wash it once you can bet I'll do it! The idea with the kale is to cook it quickly and then shock it in cold water to try and keep it as green as possible. Cooking time will vary throughout the year depending on how tough the leaves are; so taste for doneness as you go. You want it to be chewable, but still have some texture to it and you certainly don't want the color to fade, but we're less concerned with the color because the acids in the salad will eventually fade any nice green color we preserve in the cooking process. I'm also going to use as little blanching water as I can get away with because I want to reserve that liquid for something else and I want the flavors to be as concentrated as possible. I might end up blanching the kale in as many as three batches, being careful to allow the water to recover a boil in between each batch. Squeeze excess liquid from the greens and cut into a rough chiffonade.

Sweat the onions in a sauté pan with a few tablespoons of water for just a minute. This will help reduce the astringency that raw onions sometimes impart. There's nothing difficult about this recipe, with the grains already cooked and the kale already cleaned this should be another 10 minute salad at most!