

# Salt and Serenity

## Brassica Grain Bowl

Serves 4

Think of this as a guide, rather than a strict recipe. Roast up some sweet potatoes or carrots, instead of squash. Leave out the kale if you can't stand it. Substitute farro, barley, brown rice or quinoa for the wheat berries if you like, just remember to adjust cooking time. Add an egg or some avocado. Use ground lamb instead of turkey or just top it with some tofu or a grilled chicken or fish. Make it your own.

1 cup wheat berries (or your grain of choice)

1 small butternut squash, peeled and cut into ¼ inch dice

2 Tablespoons olive oil

1 teaspoon kosher salt

½ teaspoon smoked paprika

2 teaspoons kosher salt

1 small head broccoli

8 ounces Brussels sprouts (8-10 medium sprouts)

1 small bunch curly kale, (about 6 ounces)

6 ounces sugar snap peas (about 1 cup)

¼ cup red wine vinegar

¼ cup water

2 teaspoons kosher salt

1 teaspoon sugar

2 large carrots, cut into julienne

1 large shallot, thinly sliced

½ English cucumber, cut into julienne

1 cup loosely packed tender mixed herbs (assortment of mint, Italian parsley, cilantro, basil) Use as many or as few different kinds of herbs as you like.

6 Tablespoons fresh lemon juice

1 teaspoon kosher salt

2 teaspoons honey

1 cup extra virgin olive oil

1 pound ground turkey

1 Tablespoon vegetable oil

¼-½ teaspoon red pepper flakes

4 green onions, white and green parts, thinly sliced

1-2 teaspoons fish sauce

1-2 Tablespoons fresh lime juice

1 teaspoon brown sugar

¼ cup shelled pistachios, coarsely chopped, for garnish

¼ cup fresh herb leaves (your choice, mint, basil, Italian parsley, cilantro), for garnish

1. **Cook wheat berries:** Bring a medium sized pot of water to a boil. Add 2 teaspoons kosher salt. Add wheat berries and turn down heat to low. Cover pot with lid and simmer for 55 minutes and then test the wheat berries for doneness. They may need another 5-10 minutes. Once they are al dente, drain and spread out on a baking sheet to cool. Transfer to small serving bowl.
2. **Cook squash:** Preheat oven to 400°F. Line a baking sheet with parchment paper. Spread squash out on parchment. Drizzle with olive oil, salt and paprika. Use your hands to mix the squash so that it is all evenly coated. Roast in oven for 30 minutes, until golden brown. Put squash in small serving bowl.
3. **Prepare vegetables:** Trim broccoli stalks and peel. Halve head lengthwise. Starting at the crown, thinly slice both halves, including the stalk. Place the chopped broccoli in large mixing bowl.
4. Cut stem off Brussels sprouts and cut each one in half lengthwise. Thinly slice Brussels sprouts. Place sliced sprouts in mixing bowl.
5. Remove the ribs from the center of each kale leaf. Finely chop leaves and sprinkle with ½ teaspoon salt. Using your hands, gently massage the kale. This will make the kale more tender, less bitter and easier to eat. Place chopped kale in mixing bowl.
6. Thinly slice raw sugar snap peas on the diagonal. Add to mixing bowl. Mix all the vegetables together and place in a serving bowl.
7. **Make quick pickle:** While wheat berries are cooking make a *quickle* (quick pickle!!). In a medium sized bowl, mix together red wine vinegar, water, salt and sugar. Add carrots, shallot and cucumber and mix well. Set aside to pickle for about 15 minutes. Drain vegetables and discard pickling liquid. Transfer pickled vegetables to a small serving bowl.
8. **Make dressing:** Place herbs, lemon juice, salt and honey in a blender. Turn on blender and coarsely chop herbs. Slowly pour oil, through the hole at the top of the blender and process until smooth and creamy. Transfer to a glass jar.

9. **Cook turkey:** Heat a 10-inch non-stick skillet over medium heat. Add vegetable oil. Add ground turkey and using a wooden spoon or potato masher, break up meat into small pieces. Add red pepper flakes, turn heat down to medium and continue sautéing until turkey is cooked through.
  
10. Turn off heat. Stir in green onions. Add 1 teaspoon fish sauce, 1 Tablespoon lime juice and 1 teaspoon brown sugar. Mix well and taste. You are looking for a good balance of sour, sweet, salty and spicy. Add more fish sauce, lime juice, sugar or a squirt of Sriracha if you think it needs it. Transfer ground turkey to a serving bowl.
  
11. Set out the serving bowls of the wheat berries, squash, raw brassica vegetables, pickled vegetables, salad dressing, turkey, pistachios and herb leaves.
  
12. Let everyone assemble his or her own bowl.