

Salt and Serenity

Kale and Kamut Salad with Avocado Dressing

This salad was inspired by and adapted from the “Berkeley Brussels Salad” from pbs.org

Serves 4-6

Salad:

- 1 cup kamut (or farro)
- 10 large leaves of lacinato kale (also known as black kale, Tuscan kale or dinosaur kale)
- 3 cups Brussels sprouts
- 5 radishes, thinly sliced
- 2 green onions, thinly sliced on diagonal
- 3 ounces Manchego cheese (or Monterey Jack or Asiago), cut into very fine matchstick pieces
- ¼ cup dried cherries
- ¼ cup toasted, shelled pumpkin seeds

Dressing:

- 1 ripe avocado, peeled and cut into large chunks.
- 1 small garlic clove, minced on a microplane grater
- 3 Tablespoons coarsely chopped chives
- 1 Tablespoon coarsely chopped tarragon
- ¾ cup loosely packed Italian parsley leaves
- ¼ cup loosely packed basil leaves
- 2 Tablespoons fresh lemon juice
- 2 Tablespoons sherry or red wine vinegar
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 1 cup extra virgin olive oil

1. Rinse kamut or farro. Bring 3 cups of water to a boil. Add rinsed kamut or farro and 1 teaspoon kosher salt. Cover pot and reduce heat to low. Simmer for 45-60 minutes for kamut or 20-25 minutes for farro. Drain grains if there is any excess liquid after cooking. Spread kamut or farro out on a baking sheet to cool. Grains can be made ahead and refrigerated for several days.
2. Wash kale leaves, strip the leaves off the stems and stack them up, in a pile, on top of each other. Roll the stack of leaves, like a cigar. Hold the “cigar” with your non-cutting hand, and using a sharp knife in your other hand, thinly slice kale into very fine strips. Place sliced kale in large mixing bowl.
3. Cut ends off the Brussels sprouts and halve them vertically. Cut stem off Brussels sprouts and cut each one in half lengthwise. Slice each half into thin strips. You could also slice sprouts with the slicing blade of the food processor. Add sliced sprouts to bowl with kale.
4. Add sliced radishes, green onion, cheese and dried cherries and cooled kamut. Set aside.
5. Place all the salad dressing ingredients, except for the olive oil, into the blender. Pulse blender a few times to get things moving. Turn blender onto low speed and slowly drizzle in olive oil. Once all the olive oil is added, increase speed to high and mix until you have a smooth dressing. Taste and adjust seasoning if you think it needs it. Add about ¼ cup of water to the dressing and blend again until it is mixed in. Transfer dressing to a glass jar. It makes more than you will need for the salad. It keeps well for at least a week in the fridge and is delicious on slaw and all sorts of salads.

6. Toss salad with $\frac{1}{4}$ cup of dressing. Taste and add more if you prefer. Add salt and pepper and taste again for seasoning. Transfer to serving bowl or platter. Let sit for about 30 minutes to give the kale a chance to tenderize. Just before serving, scatter pumpkin seeds on top.