

# How to Make Wheatberry Carrot Salad

With Andrea from Down to Earth

[Music Playing]

Andrea: Hi everyone! I'm Andrea...

Today we're going to show you how to make...

A very wholesome carrot and wheat berry salad.

This salad features some of my favorite ingredients...

Including Lacinato Kale...

Shredded carrots...

Fresh herbs...

Zante currants...

And apples...

The primary ingredient in this salad is wheat berries...

If you haven't heard of wheat berries before...

They are the whole grain before it becomes flour.

These can be found in our bulk section...

And in packages throughout our stores.

This is what the wheat berries look like when they're dry...

But it's important to soak your wheat berries...

You can soak them for six hours...

Up to overnight...

This helps improve digestibility...

And also significantly reduces your cooking time.

But don't leave them too long, because they will sprout.

After soaking your wheat berries...

Drain off the soak water...

And rinse with cool, fresh water...

The berries will have almost doubled in size at this point.

You can add them to your stock pot...

Make sure you scrape all of them out.

Because they're going to be a little bit wet.

And then cover with fresh cool water.

Here we're using about one cup of dry wheat berries...

To about three cups of water.

Bring your wheat berries to a rolling boil...

Lower the heat...

Cover...

And simmer for 30-45 minutes.

Or until the berries are very soft.

After about a half an hour or so...

You want to check your wheat berries for doneness.

Grab a spoonful...

Take a few bites of your little berries...

They should be firm and very chewy...

If they're still a little bit hard...

Simply stir them back into the pot...

Cover and simmer for another 15 or 20 minutes...

If they are finished cooking...

Like these guys are...

Simply drain off the hot water...

Rinse them with cool water...

And set them aside to cool.

For our salad, we're going to make a very simple lemon vinaigrette.

Homemade vinaigrettes are a great way to add flavor...

And nutrition to your salads...

Without spending a lot of money...

For this one we're going to use some extra virgin Olive oil...

We have three tablespoons of that...

We're also going to add in three tablespoons of lemon juice.

Fresh lemon juice is best...

But if you don't have it, you can use bottled as well.

We also have a little bit of apple cider vinegar...

This is an alkalizing, very sweet vinegar...

That can be used in Vinaigrette's and in other types of cooking.

We're also going to add in just a pinch of sea salt.

And a few cracks of black pepper.

[Grinding Pepper]

You just need to whisk your dressing until its combined...

You'll see it will noticeably thicken up.

And then it's ready to go...

The next part of our salad features Kale...

Which is one of my favorite ingredients to cook with...

Kale can be eaten cooked or raw...

In this salad, we're going to use it raw.

So the way we're going to make it taste better...  
Is by massaging it... just for... just a few minutes...  
Massaging helps break down the fibers...  
And it makes the Kale taste a little bit less bitter...  
Which is good for a lot of us who might be new to kale...  
Once your kale turns bright green...  
It's ready to go...  
After your kale is massaged to your liking...  
We're going to add the rest of our vegetables...  
Today we're having shredded carrots...  
We also have some fresh green herbs...  
We have some fresh chopped parsley...  
And also fresh chopped dill...  
After the herbs and vegetables...  
We're going to add in some fruits for sweetness.  
We have some chopped Gala apples...  
And we also have some Zante currants...  
These are baby raisins...  
That add just a tiny bit of sweetness into your salads.  
At this point, we're going to drizzle on our dressing.  
And toss to combine everything...  
You don't want to be super rough with the salad...  
But you do want to make sure that the dressing coats everything...  
After you've mixed it in to your liking...  
You can go ahead and toss in the wheat berries...

Continue tossing the salad...

Until all of the wheat berries and all of the vegetables...

Are mixed well together...

You also want to make sure that all of the grains...

And all of the Kale is coated in the dressing.

This salad can be served immediately...

Or you can keep it in the [refrigerator] for a couple of days...

For a nice fresh meal throughout the week.

As you can see, this makes quite a bit of salad.

So take it to your next dinner party or potluck...

And impress all your friends...

With your knowledge of green goodness...

For this recipe and others...

Please check out [DowntoEarth.org](http://DowntoEarth.org)

And join us at our free cooking classes...

At all of our stores...

Thanks so much for joining us!

Aloha!

Check the recipe on the Down to Earth website:

<https://www.downtoearth.org/recipes/salads/wheat-berry-and-carrot-salad> .