

Balsamic Cranberry & Kamut Salad

INGREDIENTS

- 1 ½ cups cooked and chilled Kamut (Khorasan wheat)
- 6 cups Fresh Spinach & Beet Greens Mixture
- ½ cup Balsamic Marinated Cranberries
- ½ cup Candied Pecans
- 3 Tbsp Julienne Red Onion
- ½ cup Balsamic Cranberry Vinaigrette

MARQUETTE
DINING SERVICES

INSTRUCTIONS (Yields 4 portions)

For the Kamut:

For the best results, soak Kamut berries in water overnight, then drain.

Bring 2 quarts of water to a boil in a pot with 1 tsp salt.

Add Kamut, return to a boil, then reduce the heat to medium-high and boiled uncovered until soft, about 40-60 minutes.

Drain off cooking water, then chill by spreading out on a sheet pan and refrigerating until cool.

For the Marinated Cranberries:

Add ½ cup dried cranberries, ½ cup cranberry juice, 3oz balsamic vinegar, 2 TBS honey to a small sauce pot.

Place the pot over medium low heat and as soon as the mixture simmers, remove it from the heat and set aside at room temperature for at least 30 minutes to marinate.

May be prepared 3 days in advanced and keep refrigerated.

To Assemble the Salad:

Put the spinach, beet greens, Kamut, and 4oz of dressing in a medium bowl and toss until lightly coated in the dressing.

Divide between 4 chilled salad plates and top with the remaining ingredients.

Cranberry Balsamic Dressing

INGREDIENTS

- 1/3 cup Dried Cranberries, chopped small
- 3/4 cup Balsamic Vinegar
- 1/2 cup Honey
- 1 cup Extra Virgin Olive Oil
- 2 tsp Fresh Tarragon, chopped fine
- 1 tsp Black Pepper, ground

INSTRUCTIONS (Yields 2.6 cups)

Place the cranberries, vinegar, and honey into a small sauce pot and heat over low heat for 1 min until the mixture is at least 160F.

Remove from the heat and cool to room temperature without refrigeration before proceeding.

Place the cranberry mixture in a blender and with the blender running on low speed, add the olive oil in a steady stream within 20 seconds.

Add the tarragon and pepper and pulse the blender just to combine the ingredients.

Reserve refrigerated for up to 5 days. If ingredients separate, shake the dressing before use.

Candied Pecans

INGREDIENTS

- 6 Tbsp Brown Sugar
- 1 ½ tsp Ground Cinnamon
- ½ tsp fine Sea Salt
- Pinch Cayenne Pepper, optional
- ½ tsp vanilla extract
- 1½ Tbsp Water
- 2 cups (6oz) Pecan Halves

INSTRUCTIONS (Yields 2 cups)

Line a baking sheet with parchment paper or a silicone baking mat.

Add brown sugar, cinnamon, salt, cayenne, vanilla and water to a medium skillet. Place skillet over medium heat and cook while stirring continuously until the mixture is bubbling, around 1 min.

Stir in the pecans and coat with the sauce.

Continue to cook for 2-3 minutes while continuously stirring, until the pecans are shiny, and the coating is sticking to them well. Be careful not to burn the mixture and reduce the heat if necessary.

Transfer the candied pecans to the prepared baking sheet and quickly spread into one layer.

Allow the pecans to cool down and break them up before serving

Roasted Portobello Poke Bowl

INGREDIENTS

- 1 cup cooked Wheat Berries
- 1 cup cooked Amaranth
- 1 cup cooked Wild Rice
- 1 cup Poke sauce
- ½ lb. oven roasted Portobello Mushrooms, sliced.
- ½ cup blanched and shelled Edamame
- 1 cup fresh Watercress
- ½ cup Pickled Onion & Carrots
- ½ cup Cucumber, Julienne cut
- ¼ cup Green Onions, sliced very thin
- ¼ cup Nori, chiffonade
- 2 Tbsp Chia Seeds

INSTRUCTIONS (Yields 4 bowls)

Prepare the sub recipes and set up the ingredients to build the bowl.

Add the wheat berries, amaranth, wild rice, and ¼ cup of the poke sauce to a bowl and mix to combine.

To Build Each Bowl:

Place ¾ cup grain mixture topped with 1oz mushrooms in the center of the bowl, followed by 2 Tbsp edamame, ¼ cup watercress, 2 Tbsp onion and carrot mixture, 2 Tbsp cucumber around the edges of the bowl, drizzle more poke sauce and top with 1 Tbsp each of green onions and nori, and ½ Tbsp. chia seeds.

Simple Cooked Wheat Berries

INGREDIENTS

- 1 cup Hard Red Winter-Wheat Berries
- 4 cups of Water
- 1 tsp Salt

INSTRUCTIONS

Sort through wheat berries carefully, discarding any stones.

Rinse well under cool running water and place in a large, heavy saucepan.

Add water and salt.

Bring to a boil over high heat, then reduce heat, cover, and simmer gently for 1 hour, stirring occasionally.

Drain and rinse.

To serve hot, use immediately. Otherwise, rinse under cold water or place on a shallow pan and refrigerate until cool.

Simple Cooked Amaranth

INGREDIENTS

- 1 cup Organic Amaranth Grain
- 1½ - 2½ cups Water or Stock
- ¼-½ tsp Salt, optional

INSTRUCTIONS (Yields 1 ½ cups)

Bring 1½ cups water and ¼ tsp salt to a boil in a medium pot.

Add amaranth, reduce heat and simmer, covered, until liquid is absorbed, about 20 minutes.

Serve warm or chilled.

To chill, pour the cooked amaranth onto a sheet pan and place in the refrigerator, uncovered, for at least 20 minutes.

Simple Cooked Wild Rice

INGREDIENTS

- 1 cup Wild Rice
- 4 cups Water
- 1 tsp salt

INSTRUCTIONS (Yields 1¾ cups)

Bring water and salt to a boil in a medium saucepan and add the wild rice.

Turn down heat to a simmer for 25 minutes (covered) and do not open the lid at any time.

Turn off the heat and let sit for 1 hour.

Drain any remaining water and serve hot or chilled by placing on a sheet pan and refrigerating, uncovered, for at least 30 minutes.

MARQUETTE
DINING SERVICES

Poke Sauce

INGREDIENTS

- Juice of 1 Lime
- 2 Tbsp Rice Vinegar
- ½ cup Lite Soy Sauce
- ¼ cup Sesame Oil
- 3 Tbsp Sugar
- ½ Tbsp Ginger Root, minced
- ½ Tbsp. Garlic, minced
- 1 tsp Red Chili Flakes

INSTRUCTIONS (Yields 1 cup)

Place all ingredients into a jar, cover tightly , and shake for 15 seconds to combine.

Shake just prior to serving.

MARQUETTE
DINING SERVICES

Roasted Portobello Mushrooms

INGREDIENTS

- 2 medium Portobello Mushrooms
- 2 Tbsp Canola Oil
- 1 tsp Fresh Garlic, minced
- ½ tsp Salt
- ¼ tsp Ground Black Pepper
- 1 Tbsp. Balsamic Vinegar

INSTRUCTIONS (Yields 4, 2oz portions)

Preheat oven to 450 degrees F.

Clean the mushrooms and trim the stem to 1 inch.

Combine all other ingredients and spread over all surfaces of the mushrooms.

Place mushrooms on a sprayed sheet pan, stem down and roast for 8 to 10 minutes until lightly golden brown.

Remove from the oven and let rest until cool before slicing.

Honey Lavender Lemonade

INGREDIENTS

- 1½ cups Fresh Squeezed Lemon Juice
- 1½ cups Honey Lavender Simple Syrup
- 8 cups Water
- Ice

INSTRUCTIONS (Yields 4, 2oz portions)

Add first three ingredients together in a pitcher.

Pour into a glass and fill with ice.

MARQUETTE
DINING SERVICES

Honey Lavender Simple Syrup

INGREDIENTS

- 2 Tbsp Fresh Lavender Leaves
- 1 cup Honey
- 1 cup Water

INSTRUCTIONS (Yields 4, 2oz portions)

Lightly crush and twist the lavender leaves to release the oils.

Add all the ingredients to a small sauce pot and bring to a simmer over medium heat, stirring constantly.

Reduce heat to low for 3 minutes.

Remove from the heat, strain, and cool for use in recipes.

May be refrigerated covered for 2 weeks.

MARQUETTE
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