



Simple | Healthy | Delicious

Kamut Salad with Cauliflower, Olives, and Raisins



INGREDIENTS

1 cup Nature's Earthly Choice Kamut
¼ cup almond oil
1 medium shallot, minced
1 tablespoon minced fresh ginger
2 garlic cloves, minced
6-cups small cauliflower florets
4 ounces pitted green olives, sliced (about 1 cup)
¾ cup golden raisins
½ teaspoon salt
½ teaspoon ground black pepper
½ cup dry white wine or dry vermouth

DIRECTIONS:

1. Pour Kamut into a large saucepan, cover with water by several inches and bring to a boil over high heat. Reduce heat to low and simmer until tender, about 1 hour. Drain in a sieve or colander, then run under cold water until the grains are room temperature. Drain thoroughly again.
2. Heat a large pot or a Dutch oven over medium heat. Add the oil, the shallots, ginger and garlic. Cook, stirring almost constantly, until the shallot softens, about 1 minute.
3. Dump in the cauliflower florets. Continue cooking, stirring frequently until they begin to soften and even lightly brown at the edges, about 5 minutes.
4. Stir in the olives, raisin, salt and pepper, Stir over the heat until very fragrant, a minute or so. Then pour in the wine or vermouth and bring to a full simmer. Bubble for 2 minutes to steam the vegetables a bit and to reduce the wine or vermouth until it's the consistency of a dressing. Scrape the entire contents of the pot into a large bowl. Stir in the cooked Kamut.