

BOB'S GREEN BEAN, BULGUR & BARLEY SALAD



Ingredients

- 1 lb Fresh Green Beans, cleaned, ends cut off at an angle and cut in half or thirds
- ½ cup Bulgur Wheat or Wheat Berries, or a combination – cooked & cooled
- ½ cup Pearl Barley, cooked & cooled
- 3 tablespoons fresh dill finely chopped, or 1 ½ tbsp dried dill
- 1 ½ tbsp Balsamic Vinegar
- 4 tbsp Olive Oil, extra virgin if you have it
- Salt & Pepper to taste
- 1 Shallot, finely minced

Process

Cook the barley in well salted boiling water (pearl barley should take about 20 minutes) then drain and place in a bowl to cool. Follow the cooking directions or use 1 part barley to 2 parts water.

Bulgur wheat is different kinds of wheat coarsely ground and then parboiled and dried to again be cooked when ready to serve often as a cereal. If you can find bulgur, it will take less time to cook for this recipe. You may substitute wheat berries such and hard winter wheat and coarsely grind some or all that (or none) as needed for this recipe then boil to cook/soften it for the mix.

Cook the bulgur wheat and/or wheat berries in well salted boiling water (should take about 40 to 50 minutes) then drain and place in a bowl to cool. They should be slightly crunchy but not hard. They won't be as soft as the barley. Follow the cooking directions or use 1 part bulgur/wheat berries to 2 parts water.

Clean and cut the green beans ends at an angle then cut them in half at an angle (you may need to cut long ones in thirds). Place them in a pot of slightly salted rapidly boiling water for 2 to 3 minutes. They should be partially cooked but still 'crunchy' to your own taste. So adjust the cooking time to your preference. Drain and put into a bowl with water & ice to terminate the cooking.

Whisk the oil, vinegar, salt, pepper, and dill then add the shallot to the dressing.

In a large bowl, add the cooled drained green beans, barley, bulgur/wheat berries, and dressing and mix/toss (with your hands is the best method). Taste for seasoning and adjust as necessary. Remember to taste at room temperature.

This salad can be made ahead of time and stored in the refrigerator. However, the salad should be served at room temperature, so be sure to remove it from the refrigerator a couple of hours before you need to serve it. This dish is meant to be a salad not a warm vegetable dish and if served too cold you don't get the wonderful tastes of each of the ingredients. The taste is better if it sits for a while rather than making it just before serving. If you leave it out for a time, be sure to mix/toss it occasionally to distribute the dressing throughout the dish.

This size should serve about 4 so adjust the amounts to your guest count.

Bob Snyder
343 Blake Street Wray, Colorado 80758
970-332-0663 – sirbobert@snydersmart.com
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