

PAM'S HEALTHY GRAIN SALAD

from Chef Ouita Michel at Windy Corner Market & Restaurant

INGREDIENTS

Salad

1 cup wheat berries
1 cup millet
1 cup bulghur
1 cup quinoa
1 cup wild rice
2 ribs celery, small dice
1 carrot, small dice
½ cup red onion, small dice
1½ cups dried cranberries
1½ cups Sorghum Vinaigrette
Salt & pepper to taste

Sorghum Vinaigrette

1 cup malt vinegar
1 scant tbsp. salt
1/2 tsp. paprika
1 dash Louisiana-style hot sauce
1 tbsp. grated onion
10 tbsp. Kentucky sorghum
¼ cup Woodford Reserve Bourbon
1 cup blended olive & vegetable oil

SALAD

Cook each grain type separately according to package directions. Cool to room temperature. Add together all the ingredients, mix well. Chill at least 30 minutes before serving. Taste for seasoning.

SORGHUM VINAIGRETTE (yields 2½ cups)

In a large bowl, whisk together vinegar, salt, paprika, hot sauce and grated onion. Warm sorghum in microwave on medium power, then stir into the vinegar mixture along with the bourbon. Add oil slowly and emulsify.

One of the most popular side dishes at Chef Ouita Michel's Windy Corner Market and Restaurant, this flavorful salad is the perfect accompaniment to any entrée.

