

Warm Barley Salad with Roasted Pears

Adapted from a Los Angeles Times article, 2008

From a cooking class with Tarla Fallgatter, 2018



Servings: 8

1. Preheat the oven to 425°F degrees. In a large bowl, gently toss the pears, 1 tablespoon oil, 1 teaspoon thyme, one-fourth teaspoon salt and several grinds of black pepper. Spread out the pears in a single layer on a foil-lined baking sheet and roast, turning occasionally, until golden brown and fragrant, about 25 minutes. Remove and allow to cool.
2. On a large, parchment-lined baking sheet, arrange the prosciutto slices, making sure they do not touch. Sprinkle the sugar evenly over the slices. Bake the prosciutto until the slices are caramelized and glossy, 8 to 10 minutes. Rotate the tray while baking for even coloring, and watch toward the end of baking that the sugar does not burn (it burns quickly). Remove and allow to crisp and cool completely.
3. Cook the barley and wheat berries, stirring occasionally, until tender, about 30 minutes; drain well.
4. Meanwhile, heat 2 tablespoons oil in a large skillet over medium-high heat. Add the onion, one-fourth teaspoon salt and several grinds of pepper and cook, stirring often, until golden brown, about 10 minutes. Remove the pan from heat and stir in the wine, then return the pan to medium-high heat. Cook until most of the wine is absorbed, about 2 minutes, stirring often and removing any bits of flavoring from the bottom of the pan.
5. In a large bowl, combine the barley and wheat berries with the vinaigrette. Stir in the mixed greens. Gently stir in the pears and hazelnuts if using and check seasoning. Spoon salad onto a serving platter; crumble the candied prosciutto over the top before serving.

3 red bartlett pears, firm, cored, cut in wedges
3 tablespoons olive oil, divided use
1 tablespoon fresh thyme, chopped
kosher salt and coarsely ground black pepper
1/4 pound prosciutto, thinly sliced
1 tablespoon sugar
1 cup pearl barley, cooked
1/2 cup wheat berries, raw, cooked (or farro)
1 whole red onion, thinly sliced
2/3 cup dry white wine
4 cups mixed greens, use winter greens if available
1/2 cup hazelnuts, toasted and peeled

VINAIGRETTE:
3 tablespoons pear vinegar
1 tablespoon raspberry vinegar
2 teaspoons honey mustard
salt and pepper to taste
6 tablespoons olive oil

Per Serving (excluding unknown items): 439 Calories; 24g Fat (49.2% calories from fat); 11g Protein; 46g Carbohydrate; 8g Dietary Fiber; 14mg Cholesterol; 511mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.

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