

Spring Salad of Rye Berries, Fennel and Green Peas (“The Splendid Grain” Rebecca Wood)

Serves 4

6 Tbsp extra virgin olive oil

1 tsp freshly grated lemon zest

2 ½ Tbsp fresh lemon juice

1 clove garlic, minced

¼ tsp sea salt

¼ tsp cracked black pepper

1/8 tsp fennel seeds, toasted

1 fennel bulb

4 cups steamed rye berries, cooled

1 ½ cups fresh green peas (1lb well-filled pods)

1 Tbsp minced fresh parsley

5-6 leaves red leaf lettuce, washed and dried

Whisk together the olive oil, lemon zest, lemon juice, garlic, salt, pepper and fennel seeds. Set aside.

Trim the fennel bulb, reserving several sprigs of leaves for garnish. Finely chop the bulb, stalks and remaining leaves. Combine with the rye berries, peas and parsley. Pour the dressing over all and toss to combine. Line a shallow bowl with lettuce leaves. Mound salad upon the lettuce, garnish with the reserved fennel leaves and serve