



## THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

**Wheat Berries with Caramelized Onions, Lentils, and Feta** (adapted a bit from Orangette; wheat berry cooking method from Deborah Madison's *Vegetarian Cooking for Everyone*)

4 servings

You might not need a recipe here, because you're just combining grains and lentils with caramelized onions and feta. If you already have favorite ways to cook grains, lentils, and onions, you should absolutely feel free to use those. In case you don't, I'll provide my preferred methods here.

You can probably skip the lentils if you don't want to deal with an extra ingredient. Also, I haven't tried it myself, but I don't see why you couldn't just add them to the wheat berries at the point when the wheat has 25 minutes of cooking left. Just make sure there's enough water in the pot.

I think you could use almost any grain here, as long as you adjust the cooking time. Quinoa would definitely be good.

¾ cup wheat berries

salt

2 onions, sliced about ¼-inch thick

1 tablespoon olive oil

½ cup lentils, preferably lentils de puy, picked over and rinsed

4 ounces feta cheese, crumbled

hot sauce (optional)

lemon wedges (optional)

1. Soak the wheat berries in water for at least an hour and up to overnight. Put them in a pot with enough water to cover by a few inches. Bring to a boil, then lower the heat, cover the pot, and simmer until they're tender, 1 to 2 hours. Add ½ teaspoon salt once they've started to soften.

2. Heat the oil in a large nonstick skillet over medium-high heat. Add the onions and ¼ teaspoon salt, reduce the heat to medium, and cook, stirring somewhat frequently, until they just start to brown, about 8 minutes. Reduce to heat to medium-low and continue to cook and stir until the onions are evenly golden brown, about 20 minutes longer.

3. Put the lentils into a small saucepan. Add 3 cups of cold water and ¼ teaspoon salt. Bring to a boil over medium-high heat, then reduce the heat and simmer until tender but not falling apart, about 20 to 25 minutes. Drain.

4. Combine the wheat berries, caramelized onions, lentils, and feta. Adjust the seasonings if necessary and serve with either hot sauce or lemon wedges, if desired.