



(courtesy of Midwest Culinary Institute)

**Black Beans over Wheat Berries**

Chorizo (optional), homemade or casing removed	½ lb.
Sweet onion, large, diced	1
Garlic, large, cloves, minced	4
Poblano pepper (optional), diced, seeds & ribs removed	1
Cumin, ground	2-3 Tbsp.
Chili powder	1-2 Tbsp.
Oregano or Mexican oregano, dried	1 tsp.
Cayenne pepper	¼ tsp. or TT
Carriage House Farm black beans, cooked*... OR...	1 lb.
	Or
Black Beans, drained cans (use liquid in can to cook faster, but watch salt)	6 cans
Lager style beer	½ bottle
Chicken (or vegetable) stock, or water	1 qt.
Carriage House Farm soft red winter Wheat Berries	1 lb
Olive Oil	

\*If using dry beans, pick over carefully to remove stones or odd beans. Rinse thoroughly under running water. **Crockpot:** Place in large crockpot with 8 or more cups of water, part of a chopped onion, and two smashed garlic cloves. Cook on high 3-4 hours, or low 6-8 hours, until skins slide off when gently rubbed, and are tender. Drain (reserving liquid), cool and refrigerate, freeze, or proceed with recipe. **Quick Cook:** Place in large saucepan with 8 or more cups of water, part of a chopped onion, and two smashed garlic cloves. Bring to boil and simmer vigorously for about 1-1/2 hours, until skins slide off when gently rubbed, and are tender. Drain (reserving liquid), cool and refrigerate, freeze, or proceed with recipe.



### **Black Beans and Chorizo (or other substitute):**

1. In large skillet, cook chorizo until browned. Remove chorizo with slotted spoon and place in medium Dutch oven or into crockpot with cooked beans, leaving behind the fat.
2. Sweat onions and poblano until soft, add garlic and cook another minute. Add a little olive oil if there is not enough fat from the sausage, or if you are omitting the sausage.
3. Add dried spices and salt, and cook one minute more until fragrant and bubbly. Add to beans.
4. Pour ½ of a lager or so into the sauté pan to deglaze, then add to beans. Then add stock and/or bean water to cover by at least 3 inches in Dutch oven, or 1 inch in crock pot.
5. Cook at a vigorous simmer for 2-3 hours (takes about 7 hours on high in crock pot- may need to crack lid to facilitate reduction of sauce), stirring occasionally to prevent scorching, until sauce has become thickened and velvety. This will take longer if not using bean cooking water. If sauce is too thin, press beans against sides of pot to smash several times to facilitate thickening. Season and serve over wheat berries (below) or rice, with garnishes as desired.

**Garnishes:** Shredded cheddar-esque cheese, sliced fresh jalapeño, chopped scallions, cilantro, sour cream, hot sauce, lime, etc.

### **Wheat Berries:**

1. Rinse the wheat berries well in running water. Remove pieces that float to the top.
2. Add wheat berries to large saucepan and cover with about 3x as much water.
3. Bring to boil, reduce to simmer. Simmer 40-90 minutes. This will vary depending on the berries you have. If you have hard wheat berries, it will take even longer. Soaking overnight is an option to reduce the cooking time somewhat.
4. When the berries have a soft yet chewy texture, remove from heat, and drain excess liquid. Add salt to taste, and olive oil to prevent clumping. Use immediately or cool quickly to store in refrigerator or freezer.

### **Quick Pan-Braised Rutabaga with Leeks and Kale**

Extra virgin olive oil	1 oz.
Butter	1 oz.
Leek, cleaned with white & light green cut into ¼-inch half-moons	1 leek
Garlic, minced	1 clove
Jalapeno, brunoise, cut (optional)	1 ea.
Salt & Pepper	TT (to taste)
Rutabaga, wax removed, diced ¾-inch cubes	1
Smoked Paprika	¼ tsp.
Kale of your choice, cut in ½-inch ribbons	1 lb.
Lime	1
Chicken stock, vegetable stock OR water	2 fl. Oz.
	1 lb
Olive Oil	

1. In large sauté pan, heat olive oil, and add butter. Add leek when foam subsides.
2. Season with salt and pepper, sweat until nearly translucent.
3. Add garlic & jalapeno, cook over low heat for about another minute. Remove leeks, leaving fat in pan.
4. Heat fat over med-high heat, add rutabaga. Cover & toss periodically until browned on all sides and near-tender. Add smoked paprika & toss until coated.
5. Return leeks to pan, and add kale. Toss and season with salt & pepper, squeeze a bit of lime, add stock or water & toss until kale is wilted. Taste and adjust seasoning.