



# Seven Sacred Species Salad with Wheat Berries, Barley, Olives, Figs, Dates, Grapes, and Pomegranate

For the Lord your God is bringing you into a good land, a land with streams and springs and fountains issuing from plain and hill; a land of wheat and barley, of vines, figs, and pomegranates, a land of olive trees and honey; a land where you may eat food without stint, where you will lack nothing; a land whose rocks are iron and from whose hills you can mine copper. When you have eaten your fill, give thanks to the Lord your God for the good land which He has given you.

—Deuteronomy 8:7–10

Julia Braun grew up in Bandon, Oregon, where hers was the only Jewish family. After college, while teaching in New Orleans, she realized that she wanted to move back to the West Coast, and so she joined Urban Adamah, a Jewish urban farm that offers a three-month food-justice fellowship in Berkeley, California. While there, she recognized that she loved cooking Jewish food and found it a way to connect to her religion. “My mom taught me Judaism through food,” she told me. “Often on Fridays she would bake challah and make matzo balls. It is cultural, emotional, and satisfying work to make beautiful food for people that also has spiritual significance for me,” she said.

After studying at the Center for Kosher Culinary Arts in Brooklyn, Julia again returned to Berkeley, where she catered a Tu B’Shvat celebration for one hundred people at Urban Adamah. In one dish, she incorporated the seven species (the main produce of the land of ancient Israel) mentioned in Deuteronomy into a salad that can happily be served all year round.

1. Stir the balsamic vinegar, garlic, honey, mustard powder, and salt and pepper together in a mixing bowl. Gradually whisk in the olive oil and let sit.
2. Fill a medium saucepan with water and add the wheat berries and  $\frac{1}{2}$  teaspoon salt. Bring to a boil and simmer for about 10 minutes. Then add the barley and continue to simmer uncovered for another 20 minutes, until the wheat berries and the barley are almost *al dente*.
3. Drain and rinse under cold water to stop them from cooking and transfer to a bowl and let cool completely. Then stir in the dates, figs, and grapes.
4. Add the red onions, scallions, garlic, parsley, olives, and pomegranates. Put the greens out on a flat plate, cover with the salad, sprinkle on the feta or goat cheese, if using, and drizzle some of the dressing over all. Toss and serve immediately.

yield: 8 to 10 servings

## DRESSING

$\frac{1}{2}$  cup (115 ml) balsamic vinegar

1 clove garlic, minced

1 tablespoon honey

$\frac{1}{2}$  teaspoon mustard powder

Salt and freshly ground pepper to taste

$\frac{1}{2}$  cup (128 ml) extra-virgin olive oil

## SALAD

$\frac{3}{4}$  cup (170 grams) wheat berries

$\frac{1}{2}$  teaspoon salt

$\frac{3}{4}$  cup (170 grams) pearl barley

$\frac{1}{2}$  cup (90 grams) dates, chopped

$\frac{1}{2}$  cup (75 grams) figs, chopped

1 cup white or red grapes, halved

1 small red onion, chopped fine

5 scallions (green onions), sliced thin

3 garlic cloves, minced fine

1 cup (25 grams) parsley, basil, or cilantro, chopped

1 cup (180 grams) olives, chopped

$\frac{1}{2}$  cup (87 grams) pomegranate seeds

2 handfuls of salad greens

1 cup (150 grams) feta or goat cheese, crumbled (optional)

## Chicken Pandora with Sun-dried Tomatoes and Artichoke Hearts

This is a good recipe, especially for a buffet dinner because you don't need knives. It was inspired by the popular chicken Marbella in the *Silver Palate Cookbook* and is typical of the kind of colorful and tasteful food in the Crown Supermarket's prepared food case. Adapted from Joy Stern of Washington.

*1/2 cup good quality red-wine  
vinegar*

*1/2 cup plus 1 tablespoon light  
olive oil*

*1/2 cup fresh oregano*

*1/4 cup fresh parsley, chopped*

*1 head fresh garlic, peeled and  
pureed*

*Kosher salt and freshly ground  
pepper to taste*

*3 bay leaves*

*1 cup ripe pitted olives, halved*

*5 pounds of boneless and  
skinned chicken breasts,  
halved*

*3/4 cup brown sugar*

*1 cup good red wine*

*8 shallots, chopped*

*1 tablespoon margarine*

*1 cup sun-dried tomatoes,  
halved*

*2 16-ounce cans artichoke  
hearts, drained*

1. In a 9- by 12-inch or similar size baking dish, mix the wine vinegar, 1/2 cup of the olive oil, the oregano, parsley, garlic, kosher salt, pepper, bay leaves, and olives. Add the chicken breasts and marinate, covered with foil, in the refrigerator overnight.

2. The next day sprinkle with the brown sugar and red wine. Bake for 1 hour, covered, in a preheated 350-degree oven. Cool.

3. Remove the chicken breasts and cut into bite-size chunks and return to the baking dish.

4. In a frying pan sauté the shallots in the margarine and remaining tablespoon olive oil over a medium-high heat. Add the sun-dried tomatoes and artichoke hearts.

5. Pour the sun-dried tomato mixture over the chicken and reheat in the 350-oven for about 15 minutes. Discard the bay leaves and serve with a large green salad, saffron rice, and a good bottle of red wine.

*Yield: 12 servings (M)*