

Cooked Wheat Berries

There's no excuse for preparing a small batch when you can freeze the cooked grains, saving you oodles of time in the future. Once you drain and rinse the wheat berries, spread them out on a rimmed baking sheet to finish cooling, and pat dry with paper towels. Pop half in the fridge (in a covered container) for this week, and freeze the rest in small batches for later.

2 cups wheat berries (I prefer the hard red winter wheat variety)
7 cups cold water
1 teaspoon salt

Sort through the wheat berries and discard any debris or wayward stones. Set in a strainer and rinse well. Place in a large soup pot with water and salt.

Bring to a boil over high heat, then reduce heat to a very low simmer and cover. Simmer for 45 minutes to an hour, or until plumped and al dente. Drain and rinse under cool water. Follow instructions above for storage.