

BROWN RICE AND WHEAT BERRY PILAF

Wheat berries are the whole grain version of wheat, and are chewy and fibrous in texture. Mixing them with brown rice makes them more palatable to clients.

SERVES 50 ADULTS

INGREDIENTS

2 cups wheat berries
8 cups converted brown rice
4 cups boiling water, at least
½ cup oil
1 ½ tablespoons oregano
2 tablespoons salt
1 large onions, diced
3 tablespoons garlic, minced
1 cup mixed fresh herbs, parsley, cilantro, dill,
chives (optional), chopped

DIRECTIONS

1. Preheat oven to 325°F.
2. In a large pot combine the wheat berries and water to come 2 inches over the wheat berries. Bring to a boil and cook uncovered for 1 hour, or until tender. While wheat berries are cooking, put water on for rice to boil.
3. Measure rice into hotel pans. When water boils, pour hot water into each pan to cover rice by ½ inch. Add oil, salt, and herbs to water.
4. Cover with plastic wrap tightly, and then cover with aluminum foil. Bake for 30 minutes.
5. When the rice is done, fluff and mix with wheat berries.