

# Einka & Lentil Salad with Beets and Fennel

Serves 4-6 | 15 minutes prep + 25 minutes cook time

Brooke and Sam Lacy farm ancient grains under the shadow of the North Cascades in Washington State's Methow Valley. Their plow-to-package operation grows, cleans, mills, and packages both einkorn and emmer farro along with heritage rye and wheat. The operation has grown since they started back in 2005, when Brooke would drive down to Portland to bring us 50 lb bags of emmer farro.

Einkorn and emmer farro are both ancient wheats, but einkorn was the first to be cultivated. Hunter-gatherers gathered the wild wheat in the Fertile Crescent more than 30,000 years ago, and cultivated einkorn crops date back about 10,000 years. It's the only wheat that's never been hybridized, and it's ancient genetics weaken the grain's gluten structure so some gluten-sensitive eaters can eat it without any problems.

**1 cup Bluebird**

**Einka & Lentil mix**

**2 medium golden beets, grated**

**1 fennel bulb, chopped**

**1 shallot, chopped**

**8-10 sprigs fresh mint, chopped**

**1 tablespoon Old Blue honey**

**2 teaspoon whole grain  
mustard**

**2 tablespoons Katz Late  
Harvest Sauvignon Blanc  
Vinegar**

**3 tablespoons extra virgin  
olive oil**

**1/2 teaspoon salt**

**Step 1** Combine the einka and lentil mix with 2 cups of water and ½ t salt, bring to a boil, cover, reduce heat to simmer, and cook about 25 minutes. Let rest, covered, for about 10 minutes.

**Step 2** In a large bowl, dissolve the honey and mustard in the vinegar, then stir in the olive oil.

**Step 3** Add the einka-lentil mix, the grated beets, fennel, shallot, and mint. Toss to combine, taste and add salt.