



Triticale Berries with Basil Oil and Seasonal Greens Stir Fry

Shared by Nash's Farm Chef Karolina Tracz

Triticale berries: rinse berries well and soak overnight. Drain and simmer in water for 1 hour.

Basil Oil

- 1 ½ cups packed fresh basil leaves
- 2 cloves crushed garlic
- ¾ cup olive oil
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Blanch basil in boiling water for 10 seconds. Drain and rinse under cold water. Pat dry with paper towels. Transfer to blender, add oil and puree until smooth. Season with salt and pepper. Cover and chill. Can be made 3 days ahead. Let stand at room temp for 30 minutes before using.



Triticale, Basil and Greens continued

Seasonal Greens

- 1 bunch garlic scapes
- 1 bunch chopped rainbow chard
- 1 bunch spinach
- 1 bunch baby dill
- 1.5 pounds Fava beans, husked and blanched

In a medium skillet, sauté garlic scapes and 1 cup cooked triticale berries in 2 tbsp olive oil. Once berries start to turn golden brown, add the rest of the veggies. Cook for about 10 minutes, stirring frequently. Once the greens wilted, add a splash of apple cider or other vinegar. Remove from stove, plate up and drizzle with basil oil.

For a more meaty option, serve with Nash's spicy Italian sausage made into patties and pan-fried. Makes a great sweet and spicy option.