



## spring salad with asparagus coins, kamut, and lemon vinaigrette

This lemony salad wakes you up after a long cold winter. Lots of crisp fresh asparagus and radishes are tossed with a brazen dressing that packs a tangy punch but also miraculously mellows and marries the ingredients.

Add the water and the Kamut to a small heavy saucepan and bring to a boil. Decrease the heat to maintain a simmer, cover, and cook until tender with a slight chewiness, 50 to 60 minutes. Remove from the heat and let sit, covered, 10 to 15 minutes. Drain any remaining liquid and transfer the Kamut to a large serving bowl to cool.

Finely grate the lemon until you have 2 teaspoons zest, then squeeze it until you have ¼ cup juice. Add the lemon juice, zest, mustard, salt, and pepper to a medium bowl and combine with a fork. Stir in the shallots and set aside.

Meanwhile, cut off the asparagus tips, slice the tips in half lengthwise, and set aside for garnish. Equip your food processor with the slicing disc. Cut the stalks in half crosswise. Add 8 to 10 pieces at a time to the feeding tube, depending on thickness, and process until you have 2½ cups asparagus coins (reserve the rest for another use). Transfer to the bowl with the Kamut. Add the radishes. Set aside 2 tablespoons of the dill for garnish and add the remaining dill to the bowl.

To finish, using a small whisk, slowly add the olive oil to the dressing, whisking until it is emulsified. Drizzle ½ cup of the dressing over the salad and toss to combine well. Season with salt, pepper, and perhaps a bit more lemon juice to taste. Allow to sit for about 10 minutes for the flavors to mingle. (The salad can be made at this point up to 4 hours ahead).

Toss again, top with the Parmesan, and garnish with the asparagus tips and the remaining radishes. Sprinkle with the remaining 2 tablespoons dill and serve.

### fine points

Make this salad only if you can find really fresh asparagus stalks—otherwise it just won't taste good. The stems should be firm, not wobbly, with equally firm tips.

There will be a bit of vinaigrette left, which you need if you add other ingredients.

**VARIATIONS** Add 1 cup cooked shredded chicken or 1 cup packed fresh baby spinach. Instead of Parmesan top with ½ cup crumbled feta. Flat-leaf parsley can replace the dill.

Try using spelt, emmer (farro), einkorn, and whole wheat berries, preferably the soft type, in place of Kamut.

### KAMUT

**1¾ cups water**

**1 cup Kamut berries, soaked overnight and drained, or 2½ cups cooked (see page 23)**

### SALAD

**1 or 2 lemons, preferably organic**

**2 teaspoons Dijon mustard**

**¾ teaspoon fine sea salt**

**¼ teaspoon freshly ground black pepper**

**¼ cup minced shallots (about 1 medium)**

**1 small bunch asparagus, rinsed and trimmed (scant 1 pound)**

**1 cup thinly sliced radishes (about 8), plus a few small ones for garnish, preferably with a bit of their green stems attached**

**½ cup loosely packed chopped fresh dill**

**¼ cup plus 2 tablespoons extra-virgin olive oil**

**½ to ¾ cup thinly shaved Parmesan, using a box grater, for serving**

**SERVES 4 TO 6**