

3/4 cup/150 g WINTER or  
HARD RED WHEAT BERRIES

KOSHER SALT

1 lb/455 g BRUSSELS SPROUTS,  
trimmed and quartered  
lengthwise

3 tbsp EXTRA-VIRGIN OLIVE OIL

2 tbsp ORANGE JUICE

1 tbsp plus 1 tsp  
BALSAMIC VINEGAR

1 tbsp plus 1 tsp PURE  
MAPLE SYRUP

1/2 tsp finely grated  
LEMON ZEST

2 tbsp cold UNSALTED BUTTER,  
cut into 8 pieces

1/2 cup/65 g chopped  
DRIED CRANBERRIES

1/2 cup/60 g chopped TOASTED  
WALNUTS (see page 198)

2 to 3 tbsp chopped  
FRESH PARSLEY

**1** *In a pasta pot*, Dutch oven, or other large sauce pot, combine the wheat berries, 1/2 tsp salt, and 10 to 12 cups/2.5 to 2.8 L water (enough to cover the wheat berries by three fingers) and bring to a boil. Reduce to a simmer (it can be a rapid simmer or a low boil) and cook, partially covered, until the wheat berries are tender. Begin checking after 50 minutes, although this may take up to 90 minutes. (Most are usually done between 60 and 70 minutes. The berries should be pleasantly chewy. If you taste early and often, you'll get a sense of what "done" feels like.) Drain the berries very well in a colander, shaking the colander and tipping it around to remove as much excess water as possible. Return the wheat berries to the pot, cover, and set aside off the heat. They will stay warm for 10 to 15 minutes.

**2** *Preheat the oven to 475°F/240°C/gas 9*. In a medium mixing bowl, toss the Brussels sprouts with the olive oil and 1/2 tsp salt. Arrange the sprouts in a single layer in a 13-by-9-in/33-by-23-cm baking dish (they will be snug). Roast until brown and tender, stirring once, if you like, 18 to 22 minutes. If the sprouts finish ahead of the wheat berries, keep them in the pan, loosely covered with aluminum foil.

**3** *In a small saucepan*, combine the orange juice, vinegar, maple syrup, and lemon zest and bring to a boil over medium-high heat. Reduce to a simmer and cook, stirring, just for about 15 seconds. Remove the pan from the heat and add the butter, one or two pieces at a time, whisking after each addition until the butter is melted and creamy. (Don't reheat the mixture, or the butter will break and the sauce will not be creamy.) In a large mixing bowl, combine the wheat berries, Brussels sprouts, and cranberries; season with 1/2 tsp salt; and pour the sauce over them. Stir gently but thoroughly. Add half of the walnuts and half of the parsley and stir well again.

**4** *Serve warm*, garnished with the remaining walnuts and parsley.