



Khorasan, Shrimp, Pepper and Asparagus Sauté

Ingredients:

1 cup dried Khorasan Wheat (Kamut)
4 cups water or unsalted vegetable stock
½ lb. fresh asparagus spears, stalk end trimmed (save for vegetable stock), cut into 2 inch pieces
1 medium red bell pepper, cut in strips, seeds removed
1 cup frozen green peas, unthawed
1 cup sliced Portabella mushrooms
1 Tbsp. unsalted butter
2 Tbsp. extra virgin olive oil
1 large shallot, sliced
2 tsp. fresh red chilies, chopped or 1 tsp. dried crushed red pepper flakes
1 lb. medium shrimp, shelled, deveined
¼ cup dry white wine or vermouth
1 Tbsp. fresh oregano, chopped
1 Tbsp. fresh basil, chopped
Salt & black pepper
Lemon wedges

Procedure:

Toast the wheat in a heavy, medium saucepan over medium high heat for 3-4 minutes. Add 4 cups of water or stock bring to a boil, cover and simmer over medium low heat until tender, about 2 hours. Drain off any excess liquid and set aside.

In a deep sauté pan, melt the butter with the oil over medium heat. Sauté the shallots for 2 minutes, then add the asparagus, mushrooms, peas and red bell peppers; sauté for another 3-5 minutes, until asparagus are just fork tender. Add salt and black pepper to taste. Add chili peppers, oregano, basil and shrimp, stirring until shrimp just start to turn pink. Add wine and wheat kernels; cook, stirring for 1 minute, or until heated through. Season with salt to taste.

Serve warm with lemon wedges.

