

Smoked Barley, Beet and Grapefruit Salad

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Recipe Source: Ann Taylor Pittman via [Cooking Light Magazine](#)

Cook's notes provided by Ann Johnson

Note: Using whole grain barley makes a big difference in taste, texture and health benefits. Look for hulled barley, not the more commonly-found pearled barley. I finally found it at Whole Foods in the bulk section.



INGREDIENTS:

- Cooking spray
- ½ cup cherry or apple wood chips
- 2 cups cooked whole-grain hulled barley (about 2/3 cup uncooked grains)
- *NOTE: Here's a simple [recipe for cooking barley](#), with variances for whole-grain vs pearled barley.*
- 6 medium beets with greens
- 5 tablespoons extra-virgin olive oil
- 3 tablespoons champagne vinegar or white wine vinegar
- 4 teaspoons honey
- ¾ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 2 large pink or ruby red grapefruits, peeled and sectioned

DIRECTIONS:

- Pierce 10 holes on one side of the bottom of a 13 x 9-inch disposable aluminum foil pan.
- *NOTE: I recommend using a larger pan in order to spread out the barley for even smoking.*
- Coat pan with cooking spray.
- Arrange wood chips over holes in pan. Spread barley on opposite side of pan.
- Place hole side of pan over stovetop burner. When wood chips start to smoke, carefully cover pan with foil. Turn burner to medium-high; smoke 2-3 minutes.
- *NOTE: Be sure to set your vent on high and/or open a window or two. The smoke will be intense for a few minutes.*

- Carefully uncover. Spoon barley into a colander. Rinse and drain barley under cold water; drain well.
- *NOTE: I like to help the barley (or other grains like rice) dry out by placing a double-layer of paper towels on a baking sheet, then spreading the barley on top. Let air dry.*
- *ALSO NOTE: I recommend doing the barley process the day before, giving the smoky smell a chance to dissipate.*
- Trim beets, reserving greens.
- Wash beet greens, then remove tough stems. Tear the greens to equal 6 cups, dry very well in a salad spinner or with towels, and set aside.
- *NOTE: I did this step the day before.*
- Scrub beets clean but don't peel. Wrap 3 beets together in a large piece of microwave-safe parchment paper; make another packet with remaining 3 beets. Microwave packets together at HIGH for 8-9 minutes or until tender; unwrap and cool slightly.
- *NOTE: The packets will leak and leave blood red liquid on your microwave carousel; good idea to use a plate underneath or just be prepared.*
- Remove skins from beets; cut each beet into 8 wedges. Place beet wedges in a small bowl.
- *NOTE: I microwaved and peeled the beets the day before, keeping them intact overnight. About 2 hours before serving, I cut the beets into wedges and added the vinaigrette, as will be described in a later step.)*

OFFICIAL RECIPE SAYS: Combine oil, vinegar, honey, salt, and pepper in a large bowl, stirring with a whisk. Drizzle 1 tablespoon vinaigrette over beet wedges; toss to coat. Add barley and beet greens to bowl with remaining vinaigrette. Toss gently to coat. Arrange barley mixture in a serving bowl; top with beets and grapefruit sections.

ANN'S NOTE: The official version works well when you're making the salad to serve immediately. I wanted to make ahead one day and serve the next, doing nothing but assembling the ingredients at the last minute.

Day before: Prep and store the greens. Roast and peel the beets; store in fridge. Make the vinaigrette – you don't even need a whisk, just get a jar with a tight lid and shake, shake, shake. Cook the barley; smoke it; rinse, drain and dry it, then store it. Prep the grapefruits and segment them; store in their juice but strain the segments before adding to the salad.

Couple hours before serving time: Cut beets into wedges and toss with 1-2 tablespoons of vinaigrette.

At serving time: Toss the greens with barley and a few tablespoons of vinaigrette, more or less to taste. Place greens and grains on a serving platter, or individual salad plates. Top with beet wedges and grapefruit sections. Drizzle another tablespoon of dressing over the top. Pass extra vinaigrette at the table.