



Warm Shrimp Salad with Kamut, Red Chile and Tarragon

- Contributed by [Kristin Donnelly](#)
- *ACTIVE: 30 MIN*
- *TOTAL TIME: 1 HR 30 MIN*
- *SERVINGS: 4*

Kamut is an heirloom variety of wheat with a sweet, almost buttery flavor. F&W editor Kristin Donnelly loves using it in her warm [shrimp](#) salad.

Our Pairing Suggestion

Provençal rosé.



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Recipe: Warm Shrimp Salad with Kamut, Red Chile and Tarragon

1. 1 cup dried kamut or spelt berries
2. 4 ounces haricots verts, cut into thirds
3. 1 tablespoon unsalted butter
4. 1 tablespoon extra-virgin olive oil
5. 1 large shallot, halved and thinly sliced
6. Salt
7. 2 teaspoons minced fresh red chile
8. 1 pound medium shrimp, shelled and deveined
9. 1/4 cup dry white wine or dry vermouth
10. 1 1/2 tablespoons finely chopped tarragon
11. Lemon wedges, for serving

1. In a heavy medium saucepan, toast the kamut over moderately high heat until fragrant, 3 to 4 minutes. Add 4 cups of water and bring to a boil. Cover and simmer over moderately low heat until the grains are tender, 1 hour 10 minutes; drain off any excess water.
2. In a medium, deep skillet, combine the haricots verts with 1/4 cup of water. Cover and steam over moderately high heat, stirring, until crisp-tender, 3 to 4 minutes. Drain.
3. Wipe out the skillet. Melt the butter in the oil over moderately high heat. Add the shallot, season with salt and cook, stirring, until softened, 2 minutes. Add the chile and cook, stirring, until fragrant. Add the shrimp, season with salt and cook, stirring, until just pink, 3 minutes. Add the wine and cook, stirring, for 1 minute. Stir in the kamut and haricots verts and cook until hot. Stir in the tarragon, season with salt and serve with lemon wedges.

Notes **One Serving** 330 cal, 6 gm fat, 2.2 gm sat fat, 40 gm carb, 6 gm fiber, 30 gm protein.