



1



2



3



4

MARKET MATH Grains

F&W's Kay Chun

1

Mushroom-Barley Salad

In a large skillet, heat 2 Tbsp. olive oil. Add $\frac{3}{4}$ lb. mixed mushrooms and cook over high heat, stirring, until golden, 5 minutes. Transfer to a bowl. Repeat twice to cook a total of 2 lbs. of mushrooms, adding more oil as necessary. Stir in 5 cups cooked barley, 2 tsp. chopped sage, $\frac{1}{4}$ cup lemon juice and $\frac{1}{2}$ cup olive oil; season with salt and pepper. Serves 8 to 10

2

Quinoa Brittle

Toss $2\frac{1}{2}$ cups cooked quinoa on a large baking sheet with 2 Tbsp. canola oil. Bake at 350° for 30 minutes, until crisp. In a saucepan, cook $1\frac{1}{2}$ cups sugar over moderately low heat, stirring occasionally, until amber. Stir in $\frac{1}{2}$ tsp. baking soda, then stir in the quinoa and 2 Tbsp. toasted sesame seeds. Spread thinly on a baking sheet to cool. Makes 1 lb.

3

Bulgur-Topped Squash

In a skillet, heat 2 Tbsp. olive oil. Add $1\frac{1}{2}$ cups cooked bulgur; cook over moderate heat, stirring, until crispy, 12 minutes. Stir in 1 Tbsp. crushed coriander seeds. Sprinkle onto 16 roasted kabocha squash wedges, along with scallions. Serves 8

4

Wheat Berry Queso

Melt 4 Tbsp. butter in a large cast-iron skillet. Whisk in $\frac{1}{4}$ cup flour over moderate heat until golden. Whisk in 2 cups milk and cook until thickened, 3 minutes. Season with salt and pepper. Stir in $2\frac{1}{2}$ cups cooked wheat berries, 2 cups grated Gruyère cheese, two 6-oz. cans drained tuna and $\frac{1}{2}$ cup snipped chives. Bake at 375° for 20 minutes. Serves 8 to 10



1



2



3



4

1

Pumpkin Parfaits

In a large bowl, beat two 15-oz. cans **pumpkin puree**, 2 cups **mascarpone**, 1½ cups **confectioners' sugar**, 1 tsp. **pumpkin pie spice** and ½ tsp. **salt** until thick. In another bowl, beat 2 cups each **heavy cream** and **mascarpone** with 1 cup **confectioners' sugar** until soft peaks form. In 12 tall glasses, layer the pumpkin and cream with crushed **chocolate wafers**. Makes 12

2

Pumpkin Hummus

In a food processor, puree two 15-oz. cans **drained and rinsed chickpeas** with 1 cup **pumpkin puree**, ¼ cup **lemon juice**, 2 small **garlic cloves**, ½ tsp. **cayenne** and ½ cup **water**. Season with **salt** and **pepper**. Makes 3 cups

3

Pumpkin Potatoes

In a large saucepan, boil 4 lbs. peeled 1-inch cubes of **Yukon Gold potatoes** in salted water until tender, 20 minutes. Drain well. In the saucepan, melt 1½ sticks **butter** in 2 cups **milk**; add 1½ cups **pumpkin puree**. Press the potatoes through a ricer into a bowl and mix in the pumpkin mixture. Season with **salt** and **pepper**. Serves 10 to 12

4

Chai-Walnut Muffins

In a saucepan, melt 1 stick **butter** with 1 Tbsp. **crushed chai tea**. In a bowl, whisk 2 large **eggs**, 1 cup each **sugar** and **pumpkin puree** and the melted butter. Whisk in 1½ cups **all-purpose flour**, 1½ tsp. **baking soda** and ½ tsp. **kosher salt**. Spoon into a 12-cup lined muffin pan; top with 1½ cups **chopped walnuts**. Bake at 350° for 20 to 25 minutes. Makes 1 dozen

MARKET MATH

Canned Pumpkin

F&W's Justin Chapple