



1



2



3



4

## MARKET MATH Grains

F&amp;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  $\frac{1}{4}$  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 $\frac{1}{4}$  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



MUSHROOM-BARLEY SALAD, P. 82

MARKET MATH STARTERS, SIDES AND SWEETS, PLUS A MAD GENIUS TIP  
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## Thanksgivings Special

# HANDBOOK

WHAT TO COOK NOW