



1



2



3



4

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

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MUSHROOM-BARLEY
SALAD, P. 82

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