







MARKET MATH

Grains

F&W's Kay Chun

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Mushroom-Barley Salad

In a large skillet, heat 2 Tbsp.
olive oil. Add % 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, % cup
lemon juice and % cup olive
oil; season with salt and pepper, Serves 8 to 10

2 Quinoa Brittle

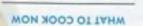
Toss 2% cups cooked quinoa on a large baking sheet with 2 Tbsp. canola oil. Bake at 350 for 30 minutes, until crisp. In a saucepan, cook 1% cups sugar over moderately low heat, stirring occasionally, until amber. Stir in % tsp. baking soda, then stir in the quinoa and 2 Tbsp. toasted sesame seeds. Spread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

3 Bulgur-Topped Squash

In a skillet, heat 2 Tbsp. olive oil. Add 1% 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 Thsp. butter in a large cast-iron skillet. Whisk in % 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% cups cooked wheat berries, 2 cups grated Gruyère cheese, two 6-oz. cans drained tuna and % cup snipped chives. Bake at 375° for 20 minutes. Serves 8 to 10



HYNDBOOK

Thanksgiving Special

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