MARKET MATH

Grains

F&W's Kay Chun

1

Mushroom-Barley Salad

In a large skillet, heat 2 Tbsp. **olive oil**. Add ¾ 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**, ¼ cup **lemon juice** and ¼ cup **olive oil**; season with **salt** and **pepper**. *Serves 8 to 10*

2

Quinoa Brittle

Toss 2½ 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 1½ cups **sugar** over moderately low heat, stirring occasionally, until amber. Stir in ½ 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 1¼ 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 ¼ 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 2½ cups cooked **wheat berries**, 2 cups grated **Gruyère cheese**, two 6-oz. cans drained **tuna** and ½ cup snipped **chives**. Bake at 375° for 20 minutes. *Serves 8 to 10*

1

2

3

4

MARKET MATH

Canned Pumpkin

F&W's Justin Chapple

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 ¼ 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 wafer cookies**. *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**, ¼ tsp. **cayenne** and ⅓ 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 1⅓ cups **all-purpose flour**, 1¼ 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*