

recipe of the quarter

Mushroom
Asparagus
Barley

risotto

Laura Klein, Copywriter
Oscar Manjarrez, Photographer

Prep time 15 minutes
Serves 4

Ingredients

1 cup of pearled barley
1-2 tablespoons of coconut oil (divided)
1/3 pound of asparagus
1/2 pound of crimini or shiitake mushrooms
2 green onions chopped
1/4 cup of pine nuts
1-2 teaspoons of rice vinegar
2 tablespoons of fresh herbs*
1/2 cup grated Gouda goat cheese
salt and pepper to ones taste palette

*like oregano, basil or thyme



Method

1: Bring 4 cups of salted water to a boil in a heavy medium-sized pot. Reduce to a simmer, add 1 cup of barley. Cover and simmer over medium-low heat until barley is tender, 45-50 minutes (do not overcook, or it will mush).

2: Wipe mushroom caps with a damp towel to remove any dirt and twist off stems and save for a later use (or compost). Melt 1 tablespoon of coconut oil in a medium size pan over medium-high heat. Slice mushrooms and add to pan and brown for 2-3 minutes, then turn and brown for another 2 minutes. Add salt and pepper to taste, and add 1 teaspoon of rice vinegar, sauté another minute or 2.

3: Using a double boiler, fill pan with water 1/4 of the way up. Wash asparagus and cut on the bias about 1/2" to 1" long. Steam asparagus until bright green (do not overcook), remove to an ice water bath and let sit.

4: Heat a small pan over medium heat. Add pine nuts and toast 1-2 minutes until golden brown (do not walk away, they burn quick!).

5: When pearled barley is done and just tender, stir in 1/2 tablespoon of coconut oil and add a pinch of salt and a 1/2 teaspoon of rice vinegar. Stir a time or two over medium heat. Stir in mushrooms, asparagus, green onions, grated cheese, fresh herbs and pine nuts.

Salt and pepper to taste, serve immediately with grated cheese on the side. 🥗