

# Wild Mushrooms over Barley

*with Toasted Breadcrumbs & Parmesan Cheese*

Spring is the season of mushrooms and for this tasty dish, we're using a very special variety: the maitake. Also known as 'hen of the woods,' this gorgeous delicacy can be easily identified as its overlapping caps are arranged like the feathers of a bird. The name maitake is Japanese and translates to "dancing mushroom" because, wild, it is said to resemble the waving hands and rippling kimono sleeves of dancing girls. Whatever they remind you of, these mushrooms are delicious!



## Ingredients

- 3 ½ Ounces Shiitake Mushrooms
- 2 Ounces Cremini Mushrooms
- 1 Ounce Maitake Mushrooms
- 4 Cloves Garlic
- 1 Bunch Parsley
- 1 Bunch Thyme
- 1 Carrot
- 1 Yellow Onion
- 1 Cup Pearled Barley
- ¼ Cup Panko Breadcrumbs
- 1 Cup Vegetable Broth
- 4 Tablespoons Butter
- 1 Tablespoon Sherry Vinegar
- ¾ Cup Grated Parmesan Cheese

**Makes 2 Servings**

**About 580 Calories Per Serving**



# Instructions



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel and mince the garlic. Quarter the shiitake and cremini mushrooms. Cut the maitake into bite-sized pieces. Pick the parsley and thyme leaves off the stems; discard the stems. Peel and small dice the carrot and onion.



## Cook the barley:

Once the water is boiling, add the **barley** and cook 20 to 22 minutes, or until tender. Drain thoroughly and return to the pot. Drizzle with olive oil and mix to thoroughly combine; season with salt and pepper to taste.



## Toast the breadcrumbs:

Place the **panko breadcrumbs** in a large pan and toast on medium-high for 2 to 3 minutes, or until lightly browned. Transfer the toasted breadcrumbs to a small bowl and set aside. Wipe out the pan.



## Cook the mushrooms:

In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **mushrooms** in a single layer and cook, stirring occasionally, 3 to 4 minutes, or until cooked through and slightly crispy (make sure the mushrooms aren't overlapping so they caramelize evenly); season with salt and pepper. Transfer the cooked mushrooms to a paper towel-lined plate and wipe out the pan.



## Cook the aromatics:

In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion** and **garlic** and cook, stirring frequently, 2 to 3 minutes, or until fragrant and softened. Add the **carrot** and season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.



## Finish & plate your dish:

Reduce the heat to medium and add the **cooked mushrooms**, **vegetable broth** and **thyme** and season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the liquid is slightly reduced in volume and the flavors have combined. Remove from heat and stir in the **butter**, **sherry vinegar** and **half the Parmesan cheese**; season with salt and pepper to taste. To plate your dish, divide the **cooked barley** between 2 dishes and top with the **vegetable mixture**. Garnish with the **parsley**, **toasted panko breadcrumbs** and **remaining Parmesan cheese**. Enjoy!