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Mixed-Grain Pilaf with Porcini mushrooms

By *Susie Iventosch*



Five grains used in this dish: from center front left clockwise: pearl barley, wild rice, brown rice, dried porcini and cremini mushrooms, purple prairie barley, flax. Pilaf in center Photo Susie Iventosch

Mixed-Grain Pilaf with Porcini mushrooms

Ingredients

- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 medium yellow onion, finely chopped
- 1 ½ cups cremini or brown mushrooms, thinly sliced
- 4 ounces dried porcini, reconstituted (use fresh if available) and chopped
- ¼ cup flax seed
- ¼ cup soft winter wheat berries
- ¼ cup pearl barley
- ½ cup brown rice
- ½ cup purple prairie barley (or pearl barley if purple is not available)
- ½ cup wild rice
- 4½ cups chicken broth
- Salt and pepper to taste

Directions

Preheat oven to 350 degrees.

On the stovetop, melt the butter in a large oven-proof pot (with a tight-fitting lid) over low heat. Add oil, garlic and onion and sauté until translucent. Add mushrooms and increase heat to medium-high. Cook until mushrooms are soft and both onions and mushrooms begin to brown slightly. Add all of the grains, and stir well to coat them with the oil and onion-mushroom mixture. (You may need to add one more tablespoon olive oil at this point.) Cook over medium-high heat, stirring often for about five minutes. Add the chicken stock to the pot and bring to a boil. Remove pot from stove, cover immediately, and bake in oven for about 1 hour or until grains are cooked, but al dente. Season with fresh ground sea salt and ground pepper.

You can substitute these grains with your favorites, or something new you happen to find on a market shelf, but keep the total quantity of grains the same – 2¼ cups. Also, toasted pecans and/or freshly grated Parmesan cheese are both nice additions to this dish.

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