

Mixed Grain Pilaf

Recipe inspired and adapted from Martha Stewart Living Magazine

2 T. butter
2 T. oil
2 cloves garlic, minced
1 large onion, finely chopped
4 c. sliced white mushrooms
4 oz. dried porcini mushrooms, re-hydrated in hot water
2 c. pearl barley
1 c. soft winter wheat berries
1/2 c. millet
1 c. wild rice, rinsed
6 c. Pacific vegetable broth stock
1/4 c. chopped fresh herbs of your choice
Salt and freshly ground pepper

In a large Dutch oven, melt butter. Add oil, garlic and onion. Cook for 3 minutes, and then add mushrooms. Preheat oven to 350°F. Add grains and stir well, coating them with oil. Cook, stirring often, for about 10 to 15 minutes. Stir in stock, and bring to a boil. Cover pot, and put in oven. Bake for 30 to 40 minutes (check after 30 minutes; remove lid and cook a little longer if grains need to be softer). Fold in chopped herbs. Season with salt and pepper, and serve immediately. Serves 6-8.