

## Mediterranean Barley Salad

2 cups hulled barley  
1/2 teaspoon sea salt  
5 cups water  
2 bay leaves  
2 tablespoons fresh oregano, chopped or 2 teaspoon dried, crumbled  
1/3 cup kalamata olives, pitted and chopped  
1/3 cup drained capers  
1/2 cup pine nuts, toasted  
1/4 cup green onions, finely chopped

### **Dressing:**

2 tablespoons fresh lemon juice  
1 tablespoon Dijon mustard  
pinch sea salt  
2 tablespoons sherry vinegar (or 1 tablespoon apple cider vinegar and 1 tablespoon umeboshi vinegar)  
1 tablespoon shallot, minced  
1/4 cup olive oil

Bring water to a boil. Add barley with salt and bay leaf. Simmer for 60 minutes or until all the water is absorbed. Cool and add dressing and oregano. Chill about 2 hours until ready to serve. Serves 6 to 8

## Millet Mashed “Potatoes” with Mushroom Gravy

It’s such a bummer that potatoes are a deadly nightshade. Although I still get french fries every once in a while, I no longer cook potatoes in my home. This recipe, creamy and satisfying, mimics great mashes from childhood.

1 cup millet, washed  
2 cups cauliflower, in small flowerettes or medium-sized chunks\*  
Pinch of sea salt  
3 cups water

### **Gravy**

Toasted sesame oil  
1 medium onion, diced  
Pinch of sea salt  
12 white button mushrooms (or 8 fresh shiitake or 6 dried shiitake) thinly sliced.

Water  
Shoyu  
Mirin  
Brown rice vinegar  
Kuzu  
Scallions or parsley for garnish

Place the washed millet in a heavy pot. Over medium heat, stir the millet continually until it dries and then becomes aromatic and ever-so-slightly golden in color. This can take 5-8 minutes. Add water and cauliflower. Bring to a boil. Add salt. Cover and simmer over a flame deflector for 30 minutes. Remove from heat. Put millet through a foley food mill or blend in the pot with a handheld food processor. Blend to desired creamy consistency.

In a skillet, heat toasted sesame oil over medium heat. Add onions, a pinch of salt, and saute until transparent. Add mushrooms and saute until soft and moist. Add water and bring to a boil. Season with shoyu, mirin and 1 drop of brown rice vinegar. Simmer 5 minutes. Adjust seasonings to your taste, and simmer 5 more minutes.

Dilute kuzu in 1/4 cup of cold water. Add to simmering mixture as stir as kuzu thickens and comes to a boil. After the kuzu has boiled, the gravy is ready to serve. Spoon over millet mash on individual plates and serve. Garnish with scallions or parsley.

## Pressure Cooked Brown Rice with Hato Mugi

1 1/2 cups short grain brown rice, (rinsed and soaked with hato mugi in measured spring water)  
1/2 cup hato mugi (or skip hato mugi and just make 2 cups brown rice)  
3 cups spring water  
2 pinches of salt

Place grains and soaking water in pressure cooker. Without putting on the lid, bring to a boil, then add salt. Place lid on pressure cooker, and let it come up to pressure--this is indicated by a loud and consistent hissing from the cooker. Place a flame deflector under the pressure cooker and bring heat down to low. The hissing should get quieter, and less consistent, but not go away entirely. Let cook for 50 minutes. Remove from heat. Let pressure come down naturally. Open and "score" the rice with a rice paddle. Avoid serving the drier, chewier, "bottom rice". Serve.

Serves about 4