

Featured Grain: Naked Barley



The Greenmarket Grainstand is getting a little more friendly this month! We're welcoming Buck and Streaker, two varieties of hull-less or "naked" barley from Cornell's small grains breeding program. These grains are the first results of an OREI grant involving the Regional Grains Project, Cornell and Oregon State University, as well as the University of Minnesota, University of Wisconsin, Washington State University, and many others. Because their hulls thresh free without the need for abrasive pearling, hull-less varieties make it possible to eat whole grain barley instead of the pearled grains people are familiar with. Whole grain barley boasts an increased the nutritional content and flavor of barley dishes. The ancient grain also contains beta-glucan which has been shown to lower cholesterol. Stop by the grainstand next week to pick up some Buck for this simple barley risotto recipe from BarleyWorld's Andrew Ross!

Barley Risotto with Delicata Squash

Ingredients

Uncooked Barley	1lb	
Delicata Squash	3 lbs	Peeled and diced
Onions	1 large	Cleansed and diced
Garlic	3 cloves	minced
White Wine	¾ cup	
Olive Oil	3 T.	
Heavy Cream	3 T.	
Vegetable Stock (or broth)	4 -8 cups	
Parmesan Cheese	2/3 cup	

Instructions

1. Steam squash to tender (10-15 mins) and set aside.
2. Over medium heat, sauté onions and garlic in olive oil in a medium sauce pan until onions are translucent. Add Barley and sauté until "toasted" (just beginning to brown) and coated with oil.
3. Add white wine to deglaze the pan. Add veg Stock one cup at a time, stirring continuously. Adjust heat so that the barley and stock simmer.
4. As barley absorbs the liquid, continue adding stock and stirring until the barley becomes thick and creamy. (35-45min)
5. Taste for doneness.
6. Add parmesan cheese, squash and cream. Heat, add salt and pepper to taste.