

Barley and Wild Mushroom Cakes

Yield: about 2 dozen cakes

- 2 cups cooked and cooled barley (measure raw, not cooked)
(Substitutions: brown rice, wild rice or any cooked grain)
- 1 medium onion, diced small
- 3 garlic cloves, finely chopped
- ½ tsp each – dried oregano, sage, thyme, basil
- 2 Tbsp butter
- ½ lb wild mushrooms
- 5 dried Chinese black mushrooms, shitakes
- 2 Tbsp olive oil
- 2 Tbsp soy sauce
- 1 bunch parsley - leaves only - chopped
- 5 eggs, beaten
- ¾ cup flour
- 3 oz Swiss cheese, grated
- 3 oz parmesan cheese, grated
- 1 Tbsp black pepper

Method:

Sauté onions, garlic, mushrooms and herbs in a mixture of the butter and olive oil. Cook until mushrooms become tender and onions are translucent.

Pour hot mixture over the cooked and chilled barley. Add eggs, cheese flour and parsley. Mix thoroughly.

Cook cakes of about ¼ cup in size on griddle or non-stick surface.

(By Chef Dan Brophy, Summer Cooking With Herbs Series 2012, Portland Nursery / Stark)