

Spicy Barley Bowl with Fennel and Bacon

Chefs Michael Holleman and Coleen Donnelly for InHarvest

Yields 6 servings

For the fennel

- 1 ½ fennel bulb, medium
- ½ T. kosher salt
- ½ T. olive oil

For the tofu

- 12 oz. tofu, firm, ½ inch dice
- ¼ c. balsamic dressing

For the barley

- 2 c. water
- 4 oz. white hull-less barley
- 4 oz. black barley

For the dressing

- 1 T. lemon juice
- 2 t. shallot, minced
- ¼ t. crushed red pepper flakes
- 1 t. toasted fennel seed, ground
- ½ t. kosher salt
- ¼ t. black pepper freshly ground
- 2 T. extra-virgin olive oil

Additional ingredients

- 3 c. arugula
- 1½ c. grape or cherry tomatoes
- 6 sl. bacon, cooked, crumbled into ½ in pieces
- ¼ c. fried shallots

Directions

1. Using a mandolin, thinly shave the fennel bulb into 2" strips and place in a colander.
2. Cover the fennel with salt and lightly massage to distribute salt evenly. Let stand for 1 hour.
3. Rinse the fennel, drain completely and toss with the olive oil. Set aside.
4. Bring lightly salted water to a boil.
5. Add barley, reduce to a simmer. Cook, covered for 25 minutes or until barley is tender.
6. Drain any remaining liquid from the barley. Hold warm until ready to use.
7. Toss the tofu in the balsamic dressing and lay out on a parchment lined sheet pan.
8. Roast in a 425°F oven for 15 minutes or until browned.
9. Hold warm until ready to use.
10. Whisk together the lemon juice, shallot, red pepper flakes, ground fennel seed, salt and pepper.
11. Drizzle in the olive oil while whisking. Set aside.
12. To build the bowls layer the ingredients as follows –
 - 1 cup barley
 - ¼ cup fennel
 - ½ cup arugula
 - 2 oz. tofu
 - ¼ cup tomatoes
 - 1/8 cup vinaigrette
 - 1/8 cup bacon (optional, skip for vegetarian)
 - 2 teaspoons shallots



Version: 1

9/9/16

Rye & Triticale Knot Bun

Here we are taking two lost and rediscovered whole grains - Rye and Triticale and combining them in a bun that delivers on interesting looks and flavor. Rye is a hearty grain with a slightly grey black seed coat. It has high levels of a special compound called pentosans and while it has some gluten, the pentosans get in the way of good gluten formation, so you it helps to be gentle when handling. Triticale is actually a blend of wheat and rye originally developed to be a sturdy crop to feed animals, but is slowly finding it's future in baked goods as well. In terms of baking, it leans towards the weaker side and has less functionality, working gently with the dough and adding small amounts of vital



Sponge Mix Time: 3 Min
Sponge Ferm Time: 1.5 Hour
ough Mix 1, Speed 1: 1 Minute
Mix 2, Speed 2: 4 -5 Minutes

Bulk Proof Time: 2 Hour
Divide: 20 Min
Preshape: Tight Round Dough Ball
Rest: 2 Minute
Shape: Checkerboard
Proof Pan: Hamburger Pan
Final Proof: 1:30 Minutes

Oven Type: Deck Oven
Garnish: Egg Wash, Cracked Triticale, Flaked Tritical, Salt
Steam: 12 Seconds
Vent: At 10 Min
Total Bake Time: 18 Min
Bake Temp: 375 °F

Color : Checkered
Height: 3"
Width: 4"
Length: 4"
Texture: Soft
Crumb: Regular, Tight

Scale to: 1000 g Total Flour
 Portion Weight: 40 g
 29.60 Portions

Sponge (double and use for both)

	Bakers %	Standard%	Scaled	
Ardent Mills	King Midas Bread Flour	40.00	21.1	400.0
Ardent Mills	Total Flour	40.00	21.1	400.0
Ardent Mills	Yeast	1.30	0.7	13.0
	Water, Ice Cold	30.00	15.8	300.0
			37.6	713.0

Remix

	Bakers %	Standard%	Scaled	
Ardent Mills	King Midas Bread Flour	10.00	5.3	100.0
Ardent Mills	Medium Whole Grain Rye Flour	50.00	26.4	500.0
Ardent Mills	Total Flour	60.00	31.6	600.0
Ardent Mills	Vital Wheat Gluten	8.00	4.2	80.0
	Water, Ice Cold	21.40	11.3	214.0
Plantation	Molasses, Black Strap	24.00	12.7	240.0
Cargill	Salt	2.00	1.1	20.0
Wesson	Vegetable oil	3.00	1.6	30.0
			62.4	1184.0

Final Dough

	Bakers %	Standard%	Scaled	
Ardent Mills	King Midas Bread Flour	50.00	26.4	500.0
Ardent Mills	Medium Whole Grain Rye Flour	50.00	26.4	500.0
Ardent Mills	Total Flour	100.00	52.7	1000.0
Ardent Mills	Vital Wheat Gluten	8.00	4.2	80.0
	Water, Ice Cold	51.40	27.1	514.0
Plantation	Molasses, Black Strap	24.00	12.7	240.0
Cargill	Salt	2.00	1.1	20.0
Wesson	Vegetable oil	3.00	1.6	30.0
Lesaffre	Yeast	1.30	0.7	13.0
			100.0	1897.0

Scale to: 1000 g Total Flour
 Portion Weight: 40 g

Remix

	Bakers %	Standard%	Scaled	
Ardent Mills	King Midas Bread Flour	10.00	5.0	100.0
Ardent Mills	Whole Grian Triticale Flour	50.00	25.2	500.0
Ardent Mills	Total Flour	10.00	30.2	100.0
Ardent Mills	Vital Wheat Gluten	5.00	2.5	50.0

	Water, Ice Cold	33.40	16.8	334.0
Karo	Corn Syrup	24.00	12.1	240.0
Cargill	Salt	2.00	1.0	20.0
Wesson	Vegetable oil	3.00	1.5	30.0
			64.1	774.0
Final Dough				
		Bakers %	Standard%	Scaled
Ardent Mills	King Midas Bread Flour	50.00	25.2	500.0
Ardent Mills	Whole Grian Triticale Flour	50.00	25.2	500.0
Ardent Mills	Total Flour	100.00	50.3	1000.0
Ardent Mills	Vital Wheat Gluten	5.00	2.5	50.0
	Water, Ice Cold	63.40	31.9	634.0
Karo	Corn Syrup	24.00	12.1	240.0
Cargill	Salt	2.00	1.0	20.0
Lesaffre	Yeast	1.30	0.7	13.0
Wesson	Vegetable Oil	3.00	1.5	30.0
			100.0	1987.0

Method:

1. Preheat rack oven to 375 F. Turn proof box to 85 F and 80 %RH.
2. For the sponge. Combine the flour and salt.
3. For both remixes. Combine all the dry ingredients and set aside the water, syrup, and oil serperately.
4. For the sponge. In a mixing bowl fitted with a dough hook, combine the dry ingredient mix and water. Mix on speed one for one minute, scrape the bowl, then mix on speed two for three more minutes. The mix should form a loose round. Place the whole mixing bowl in the proof box, cover if necessary, and set a timer.
5. Once sponge has doubled in size remove it from the proof box and using a dough scraper, divide it into two equal halves.
6. Use the dough scraper to chunk the sponge into pieces. Place these pieces in two mixing bowls. Add the Rye Remix ingredients to one bowl and the Triticale Remix ingredients to the other bowl.
7. Starting at speed one mix the dough to incorporate the ingredients. Increase to speed two and mix the the dough until a medium gluten development is achieved.
8. Repeat with the second dough.
9. Transfer both sets of dough to the proof box and proof till just about doubled in size.
10. For shaping both sets of dough. Remove from the proof box and portion into twenty gram dough chunks.
11. Round dough chunks into dough balls by rolling them against a surface between your palm in a circular motion.
12. Place four dough balls, two of each color on a pan in the shape of bun and in a checkerboard fashion. They should be touching eachother. Press down flat. Repeat this with remaining dough.
13. Place the rack of shaped buns back in the proof box and proof until doubled in size.
14. Brush the tops of the proofed buns with with egg wash, and sprinkle salt, cracked and flaked Triticale.
15. Bake the buns at 375 F with 10 seconds of steam for 18 minutes. Vent at 10 minutes.
16. Allow to cool or serve immediately.

To Your Health Sprouted Beer Bread

Chef Ban Stewart, for To Your Health Sprouted Flour

Yields 2 loaves

Ingredients

½ stick butter (melted) 1/8 pound

1½ cups sprouted Einkorn flour

1½ cups sprouted white wheat flour

1 tablespoon baking powder (aluminum free)

1 tablespoon sea salt

3 tablespoons granulated white sugar

1 (12 oz.) bottle of Back Forty Beer Co. Truckstop Honey Brown Ale

Directions

1. Preheat oven to 375°F, and grease loaf pans with pan spray.
2. Combine all dry ingredients in bowl and stir to combine.
3. Add the 12 oz. bottle of beer.
4. Add half of the butter and mix till everything is combined. Dough will be thick.
5. Evenly separate the dough between both loaf pans, then pour the rest of the butter on top of both loaf pans.
6. Bake at 375°F for 20-25 till tester comes out clean.
7. Set on cooling rack with bread still in loaf pans for 30-45 min.
8. Carefully remove bread from pans and continue to cool bread on rack for an additional 30-45 min.
9. Slice and enjoy.

Sprouted Gluten-Free Lemon Lavender Cookies

Chef Ban Stewart, for To Your Health Sprouted Flour

Yields 2 dozen cookies

Ingredients

- 1 $\frac{3}{4}$ cup sprouted brown rice flour
- 1 $\frac{1}{2}$ teaspoons baking powder
- 1 tablespoon lemon zest
- 2 teaspoon dried lavender flowers finely chopped
- 1 stick butter (room temp)
- 1 cup organic sugar
- 2 large eggs
- $\frac{3}{4}$ teaspoon lemon juice

Directions

1. Preheat oven to 350°F.
2. Cream butter and sugar together in a mixer with paddle attachment.
3. Add eggs.
4. Add flour, baking powder, lemon zest, lemon juice and lavender flowers, then mix until everything is incorporated.
5. With a small scoop form dough into balls and roll in homemade powder sugar .
6. Place on parchment lined cookie sheet lightly greased, 1 inch apart.
7. Bake at 350°F for 10-12 minutes till set.

Variation: Lemon- Basil Cookies

Use 2 teaspoons finely chopped fresh basil instead of lavender flowers.

Millet Sweet Potato Falafel with Cilantro Lime Aioli

Chef Joel Schaefer, Allergy Chefs, Inc. for Bob's Red Mill

Yields 6 servings (1 quart) plus 1 ½ cups aioli

Ingredients for Falafel

1 cup dry chickpeas, soaked overnight,
approximately 2 ¼ cups (see notes)
½ cup chopped red onions
1 tablespoon minced garlic
1 tablespoon minced jalapeño, seeded
¼ cup chopped cilantro
¼ cup chopped flat leaf parsley
2 teaspoons garam masala
1 teaspoon kosher salt
¼ teaspoon ground black pepper
1½ tablespoons lime juice
1 cup mashed cooked sweet potato (see notes)
1 cup cooked millet
2 tablespoons chickpea flour
grapeseed oil for frying

Ingredients for Cilantro Lime Aioli

1 cup eggless mayo, such as Just Mayo
1 tablespoon plus 1 teaspoon white miso
3 tablespoons lime juice
2 tablespoons harrisa
2 tablespoons Thai sweet chili sauce
¼ cup firmly packed fresh cilantro, chopped
1 tablespoon agave nectar

Directions

1. Place chickpeas, onion, garlic, jalapeño, cilantro, parsley, garam masala, salt and pepper in a food processor. Alternate between pulsing and blending, stopping to scrape down sides of bowl until the mixture has a coarse texture.
2. Drizzle the mixture with lime juice and blend for 10 seconds.
3. Transfer mixture to a mixing bowl; add mashed sweet potatoes, millet and chickpea flour. Using a rubber spatula, fold ingredients together.
4. Using a #30 portion scoop, portion filling onto a sheet pan lined with parchment paper. Gently shape each portion into a flat disk, about ½ inch thick. Repeat until all the patties are formed.
5. Heat a large skillet over medium heat. Add 2-3 tablespoons grapeseed oil and swirl to coat pan. Cook falafel patties in batches for 2 minutes per side, until golden brown. Place back on sheet pan and sprinkle with kosher salt. When the falafels are cooked, place in oven to reheat.
6. To make aioli, combine all ingredients in a blender and process until the cilantro is finely chopped.
7. Serve warm falafel immediately, drizzled with aioli.

Notes:

Soaking chickpeas. Place chickpeas in large bowl or container. Cover with 4 cups water. Cover and refrigerate overnight.

Roasting Sweet Potatoes: Wash potato and dry with paper towels. Rub with vegetable oil and roast at 375°F for approximately 45 minutes or until soft. Allow potato to cool completely. This makes the skin easy to remove. Transfer pulp to mixing bowl and mash with a potato masher.

Cooking method: The falafels can also be deep-fried.

Stir-Fried Thai Sorghum Bowl

Chef Sharon Palmer for United Sorghum Checkoff Program

Yields 4 bowls

Ingredients

Sorghum Bowl:

4 teaspoons peanut oil, divided
2 cups chopped asparagus spears
2 carrots, peeled and sliced
1 tablespoon grated ginger
2 garlic cloves, minced
1 tablespoon water
1 red bell pepper, cored and sliced
1 1/2 cups sliced snow peas
1 tablespoon low-sodium soy sauce
1 (15-ounce) package extra-firm tofu, pressed for 30 minutes and cut into 1-inch cubes
2 cups cooked sorghum (according to package directions)

Thai Sauce:

1 cup light canned coconut milk
1 tablespoon Thai red curry paste
1/3 cup creamy peanut butter
1 tablespoon low-sodium soy sauce
2 1/2 tablespoons sorghum syrup (or maple syrup)
1 garlic clove, minced
2 teaspoons minced fresh ginger 1 teaspoon corn starch

Directions

1. To make sorghum bowl, heat 2 teaspoons peanut oil in a large non-stick skillet or wok over medium-high heat. Add the asparagus, carrots, ginger and garlic and stir fry for 1 minute. Add the water to the skillet and cover; let the vegetables steam for about 2 minutes, until bright and tender.
2. Add the red pepper, snow peas and soy sauce to the skillet. Cook, stirring constantly, 3-4 minutes more, or until all the vegetables are tender-crisp. Remove the vegetables and wipe skillet clean with a paper towel.
3. Return skillet to medium-heat heat. Add the remaining peanut oil and swirl to coat, then add the tofu. Cook until lightly browned and crisp on all sides, turning occasionally, 5 minutes.
4. Whisk together all of the ingredients for the Thai sauce then pour over the tofu. Cook for 4-5 minutes until sauce has thickened and tofu is coated. Add back in the vegetables and toss once more to coat.
5. Divide the cooked sorghum among 4 bowls and top with the vegetables and tofu.

Whole Grain Rotini with Smoked Tomatoes, Blue Cheese and Sorrel-Infused Oil

Chef Lorenzo Boni for Barilla

Yields 4-6 servings

Ingredients

- 1 (16 oz.) box whole grain rotini
- 8 tablespoons extra virgin olive oil, divided
- 1 small yellow onion, diced
- 1 (20 oz.) can fire roasted tomatoes
- 1 cup blue cheese Gorgonzola crumbles
- 1 cup sorrel
- Sea salt and black pepper to taste

Directions

1. Place a pot of water to boil for pasta.
2. Meanwhile sauté onion with two tablespoons of olive oil until translucent, about five minutes. Add fire roasted plum tomatoes and simmer. Season with salt and pepper.
3. Meanwhile in a blender process sorrel with remaining oil, salt and pepper.
4. Cook pasta according to directions, drain and toss with sauce.
5. Fold in blue cheese and top with sorrel oil before serving

Other recipes you enjoyed at this conference and may want to try:

Cannellini Amaranth Soup, Bob's Red Mill

<http://wholegrainscouncil.org/recipes/creamy-cannellini-bean-and-amaranth-soup>

7 Grains Cranberry Apricot Pilaf, Seeds of Change / Mars

http://www.seedsofchangefoods.com/meal_ideas/recipe.aspx?id=75

Fiesta Quinoa Salad, Lundberg Family Farms / Oldways

<http://www.lundberg.com/recipe/fiesta-quinoa-salad/>

Sprouted Wheat Pancakes, King Arthur Flour Company

<http://www.kingarthurflour.com/recipes/sprouted-wheat-pancakes-recipe>