

Mushroom Barley Burgers

Burgers (makes 4 burgers)

2 cans (4 oz.) portabella mushrooms
1 jar (9.9 oz) sliced shitake mushrooms
2 TBS oil
1/2 tsp. dried thyme
2 TBS balsamic vinegar
1 cup cooked barley
1/2 tsp. salt
1/4 tsp. pepper
1/2 cup potato flakes

Burger Buns (makes 8 buns)

1 cup water
2 TBS oil
1 1/3 cup whole wheat flour
2 1/3 cup white flour
1 TBS sugar
1 tsp. salt
1 TBS yeast

To make burger buns:

Mix together dry ingredients. Add water and oil. Knead dough 10 minutes and then leave dough to rise (covered) until doubled in size, about an hour. Divide dough into 8 pieces, flatten each piece and tuck opposite ends together, shaping into a ball. Place the dough balls, seam side down, on a greased baking sheet. Cover and let rise 1 hour. If using a sun oven to bake, spritz dough with water before baking. Bake in conventional oven at 375 for 15 minutes or Sun oven (cooking time dependent on the temperature you're able to achieve).

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Rehydrate 1/2 cup potato flakes using just enough water to make a solid potato mixture. Drain the mushrooms and add thyme, salt and pepper. Cook in a pot for about 10 minutes until the mushrooms have sweat off their moisture and it has dried up in the pan. Set mushrooms aside and deglaze pan with vinegar, scraping off browned bits with a wooden spoon.

Chop mushrooms finely by hand (or transfer to a food processor and coarsely grind). Combine the mushroom mixture with the potato, barley, salt, pepper and vinegar mixture. Shape into 4 patties. In a medium hot skillet, brown the burgers 5 minutes per side. Move burgers to the oven and cook 15 minutes until firm and cooked through.