



Mushroom and Farro Pie

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



463 kcal

Ingredients

- ☐ 1 pound crimini mushrooms sliced
- ☐ 1 egg yolk with 1 teaspoon water and a pinch of salt beaten
- ☐ 2 garlic clove minced
- ☐ 0.3 cup madeira wine dry (preferably Verdelho or Sercial)
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup quick-cooking barley
- ☐ 1 pound puff pastry frozen thawed
- ☐ 1.3 cups spring onion divided finely chopped
- ☐ 1 cup whole-milk ricotta cheese

- ☐ 1 tablespoon butter unsalted
- ☐ 3 cups water

Equipment

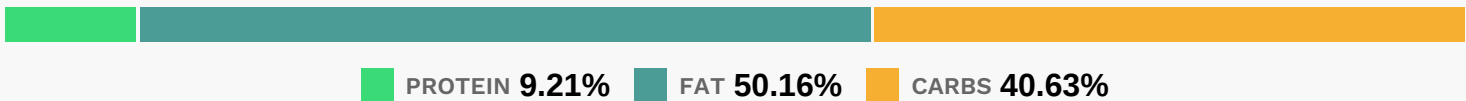
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ colander

Directions

- ☐ Cover farro with cold water in a bowl and soak 30 minutes, then drain in a colander, discarding soaking water.
- ☐ Bring farro, water (3 cups), and 1/4 teaspoon salt to a boil in a medium saucepan, then reduce heat and simmer, uncovered, until tender, 15 to 20 minutes.
- ☐ Drain.
- ☐ While farro cooks, melt butter with oil in a 12-inch heavy skillet over medium-high heat, then cook garlic and half of scallions, stirring frequently, 2 to 3 minutes.
- ☐ Add mushrooms, 1 teaspoon salt, and 1/2 teaspoon pepper and cook, stirring occasionally, until just softened, about 5 minutes.
- ☐ Add Madeira and simmer 1 minute.
- ☐ Transfer to a bowl and stir in farro, then cool completely.
- ☐ Stir in ricotta, remaining scallions, and salt and pepper to taste.
- ☐ If pastry is in 1 piece, cut into 2 equal pieces.
- ☐ Roll out each piece on a lightly floured surface into an 11-inch square. Stack squares on a parchment-paper-lined baking sheet with a second sheet of parchment between them, then cover with plastic wrap and chill at least 30 minutes.

- ☐ Put a large baking sheet on rack in middle of oven and preheat oven to 400°F.
- ☐ Set aside top square of pastry on parchment.
- ☐ Spread cooled filling evenly over pastry on baking sheet, leaving a 1-inch border.
- ☐ Brush border with some of egg wash, and, using parchment, invert second square on top, lightly pressing to seal border.
- ☐ Brush top with remaining egg wash, then crimp border with a fork and trim with a pizza wheel or sharp knife.
- ☐ Cut a few small steam vents in top of pie and decoratively score pastry. Slide pie on parchment onto preheated baking sheet in oven and bake until puffed and deep golden brown, about 45 minutes.
- ☐ •If using barley, simmer unsoaked barley in 6 cups water with 1/4 teaspoon salt for 45 minutes. •Filling can be made and pastry rolled out 1 day ahead and chilled. •Pie can be assembled 3 hours ahead and chilled, uncovered.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:14.2, Inflammation Score:-5, Nutrition Score:16.126086976217%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 463.35kcal (23.17%), Fat: 25.68g (39.5%), Saturated Fat: 6.88g (43.02%), Carbohydrates: 46.79g (15.6%), Net Carbohydrates: 42.23g (15.35%), Sugar: 3.01g (3.34%), Cholesterol: 32.98mg (10.99%), Sodium: 187.47mg (8.15%), Alcohol: 0.77g (100%), Alcohol %: 0.35% (100%), Protein: 10.61g (21.21%), Selenium: 37.02µg (52.89%), Vitamin K: 45.28µg (43.12%), Manganese: 0.65mg (32.72%), Vitamin B2: 0.49mg (28.67%), Vitamin B3: 5.48mg (27.42%), Copper: 0.46mg (22.97%), Vitamin B1: 0.33mg (22.03%), Folate: 76.81µg (19.2%), Fiber: 4.56g (18.26%), Phosphorus: 161.35mg (16.14%), Iron: 2.5mg (13.88%), Potassium: 398.32mg (11.38%), Vitamin B5: 0.99mg (9.93%), Zinc: 1.47mg (9.79%), Calcium: 90.55mg (9.05%), Magnesium: 34.29mg (8.57%), Vitamin B6: 0.15mg (7.71%),

Vitamin E: 0.76mg (5.06%), Vitamin A: 247.1IU (4.94%), Vitamin C: 3.37mg (4.08%), Vitamin B12: 0.1µg (1.73%),
Vitamin D: 0.2µg (1.36%)