



## **Emmer and Mushroom Turnovers**

Yield: 16 turnovers

### **Ingredients:**

8 oz. whole grain Emmer, dry  
4 Tbsp. butter  
1 Tbsp. olive oil  
2 garlic cloves, minced  
½ cup sweet onions, small dice  
1 lb. cremini mushrooms, sliced  
1 lb. button mushrooms, sliced  
1 lb. shiitake mushrooms, sliced  
¼ cup Madeira wine  
2 Tbsp. balsamic vinegar  
5 scallions, tops only, sliced  
1 cup whole-milk ricotta  
½ cup parmesan cheese, shredded  
1 egg yolk  
1 egg white  
4 puff-pastry sheets, 10" x 12", cut into 4 squares or filo pastry as preferred. If using filo you can make small bite sized triangles. Follow the directions on the filo package.

### **Procedure:**

Cook Emmer as per package directions to chewy stage. Let cool.

In a sauté pan, melt butter and add olive oil, garlic, onion and mushrooms. After 5 minutes add Madeira and balsamic, let reduce. Simmer until all ingredients start to caramelize. Let mixture cool. Fold in scallion, ricotta, Parmesan and egg yolk. Once Farro is cooled, add it to the ricotta/Parmesan mixture.

In the center of each puff-pastry square, add 2 Tbsp. mushroom mixture. Fold over each puff-pastry square to form triangles. Crimp edges with a fork. Coat each turnover with egg white.

Bake at 350°F in a conventional oven for 15 to 20 minutes.

