



Buckwheat & Carrot Porridge

lightly adapted from Dan Barber's recipe in Food & Wine

serves 2

- 1/2 cup cracked emmer wheat, or hulled buckwheat
- 3/4 cup whole milk
- 2 braised carrots, chopped
- 1 teaspoon sherry vinegar, or more to taste
- 1 generous teaspoon honey
- sea salt
- 2 tablespoons roasted and salted pumpkin seeds
- scant 2 tablespoons freshly grated Parmigiano-Reggiano
- 1/4 teaspoon crushed cumin seeds (or substitute cumin salt for these and salt above)

In a medium saucepan, cook the cracked emmer or buckwheat over moderate heat, stirring, until it is toasted, about 1 minute. Whisk in the milk and 1 cup of water and cook over low heat, whisking often, until the porridge is thick and the grains are al dente, about 20 minutes. (You can take this off the heat and hold until ready to assemble later, if needed.)

Quarter the braised carrots and puree them in a food processor.

Stir the carrot puree into the porridge along with the sherry vinegar, honey and cheese, and season with salt. Top with the roasted pumpkin seeds and crushed cumin seeds (or cumin salt) and serve.