



Home on the Range

Cooking With Barley

Barley is a wholesome grain loaded with carbohydrates, contains very little fat, and is cholesterol free. Like other whole grains, barley is a rich source of soluble and insoluble dietary fiber. Laboratory studies show that the insoluble fiber found in barley can be extremely effective in maintaining regularity and in helping to reduce certain types of cancer. Barley can help lower blood cholesterol levels and reduce the risk of heart disease.

To cook barley: Bring 1 cup regular pearl barley and 3 cups water or other cooking liquid to a boil. Reduce heat to low, cover, and cook 45 minutes or until barley is tender and liquid is absorbed. Makes about 3½ cups. Note: Quick cooking barley requires only 10 to 12 minutes cooking time.

Barley may be cooked in advance and frozen in 1-cup containers. Just before serving, defrost in microwave for about 2 to 2½ minutes on high.

For a free recipe brochure featuring pearl barley, send a self-addressed, stamped business-size envelope to the National Barley Foods Council, W. 905 Riverside, Suite 501, Spokane, WA 99201.

BEEF 'N BARLEY SOUP

- 2 pounds lean ground beef
- 2 tablespoons vegetable oil
- 2 cups diced carrots
- 2 cups diced onion
- 2 cups diced celery
- 2 cloves garlic, minced
- 3 cups cooked pearl barley
- 8 cups beef broth
- 2 14-16-ounce cans Italian-style stewed tomatoes
- ½ cup red wine
- 1 teaspoon thyme
- Salt and pepper, to taste
- ¼ cup minced fresh parsley
- Sour cream, optional

In Dutch oven, cook ground beef over medium-high heat until browned, breaking up with fork. Remove meat from pan and set aside. Add oil, carrots, onion, and celery to pot; cook about 5 minutes or until vegetables are tender-crisp. Add beef and remaining ingredients except parsley and sour cream. Bring to boil; reduce heat, cover and simmer 20 minutes. Stir in parsley just before serving. Spoon a dollop of sour cream atop each serving, if desired. Makes 8 servings.

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HARVEST BARLEY MEDLEY

- 2 tablespoons olive oil
- ¼ cup pearl barley
- 1 large onion, sliced, separated into rings
- 1 clove garlic, minced
- 2 cups chicken or beef broth
- 2 large tomatoes, cut into wedges
- 2 large carrots, sliced
- 1 medium green sweet pepper, cut into 1-inch strips
- 1 medium zucchini, sliced
- 1 cup cauliflower florets
- 1 cup broccoli florets
- 10-ounces frozen peas
- 1 teaspoon Italian herbs
- Salt and pepper, to taste

Heat oil in large skillet. Add barley, onion rings, and garlic. Saute over medium heat about 5 minutes or until barley and onions are golden. Add broth; cover and cook 30 minutes longer or until barley is partially cooked, stirring occasionally. Add remaining ingredients; cover and continue to cook 15 minutes or until vegetables and barley are tender. Adjust seasonings. Makes 6 servings.

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BARLEY CHEESE TIMBALES

- 1 cup pearl barley
- 3 cups chicken broth
- ½ cup finely chopped onion
- 2 tablespoons butter
- Salt and pepper
- 10-ounce package frozen broccoli, thawed and drained
- 2 eggs, beaten
- 2 cups milk
- 1½ cups grated Cheddar cheese

Place barley, chicken broth, onion and butter in saucepan. Bring to boil. Cover, reduce heat to low and cook 45 minutes or until barley is tender and liquid is absorbed. Combine cooked barley with broccoli, ½ teaspoon salt, pepper to taste, eggs, milk, and cheese; mix well. Spoon mixture into 6 oiled 8-ounce custard cups. Place cups in a shallow pan of water. Bake at 325 degrees for about 45 minutes or until set. Unmold timbales onto serving plates. Serve with fresh tomato salsa or warm tomato cream sauce, if desired. Makes 6 servings.

Note: To serve casserole-style, spoon barley mixture into a 2-quart baking dish and bake, uncovered, at 325 degrees for 1-1½ hours.

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You couldn't find a fresher or more colorful side dish than Harvest Barley Medley. It brims with a melange of garden fresh vegetables and wholesome barley.

BARLEY APRICOT SALAD

- 1 cup pearl barley
- 2 cups chicken broth
- 2 cups apple juice
- 1 tablespoon mustard seed
- 1 tablespoon coriander seed
- 1 teaspoon thyme
- ½ teaspoon allspice
- ½ cup dried apricots, chopped
- ½ cup dried dates, chopped
- ½ cup sliced celery
- ¼ cup chopped green onion
- ¼ cup minced parsley
- ¼ cup slivered almonds
- 3 tablespoons lemon juice
- Salt and pepper, to taste

Combine barley, broth, apple juice and spices in large saucepan. Bring to boil. Reduce heat, cover and simmer 45 minutes or until barley is tender. Drain barley; reserve broth. Cool barley to room temperature. In large bowl, combine barley with remaining ingredients and ½ cup reserved liquid. Cover and chill several hours or overnight. Serve chilled or at room temperature. Makes 6 servings.

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SKILLET BARLEY MONTEREY

- 2 tablespoons vegetable oil
- ½ cup chopped onion
- 4-ounce can chopped green chilies, drained
- ½ cup pearl barley
- 2 cups beef bouillon
- 15-ounce pinto beans, drained
- ½ cup shredded Monterey Jack cheese

Heat oil in skillet. Add onion and chilies; saute 3 minutes. Add barley and bouillon. Bring to boil, cover and cook on low heat 45 minutes or until barley is tender. Stir in pinto beans and cheese; cook until beans are hot and cheese is melted. Makes 4 servings.

BARLEY FLORENTINE

- 10-ounce package frozen, chopped spinach
- 3 cups cooked barley
- ¼ cup thinly sliced roasted red pepper
- ¼ cup sliced green onion
- 2 tablespoons grated Parmesan cheese

Dash nutmeg
Thaw and drain spinach. Add to cooked barley along with red pepper, green onion, Parmesan cheese, and dash nutmeg. Heat well.

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Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

March

25- Lentils, Dried Beans

April

- 1- Recipes Using Nuts
- 8- Easter Candy
- 15- Easter Dinner

BARLEY AND CHICKEN CURRY

- Saute:
- ¼ cup chopped celery
- ¼ cup sliced green onion
- 2 teaspoons curry powder
- 1 tablespoon olive oil

Add:

- 1 cup cubed cooked chicken
- 3 cups cooked barley
- 2 tablespoons dried currents, plumped in hot water

Heat through.

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Featured Recipe

Although spring is in the air, a warm meal containing real dairy products is always in season.

Tracy Post, Crawford County Dairy Maid, offers this variation on the traditional St. Patrick's Day meal of corned beef and cabbage, based on the popular Reuben sandwich.

REUBEN CASSEROLE

- 16-ounces undrained sauerkraut
- 2 cups Swiss cheese (shredded)
- 2 tablespoons melted butter
- ¼ cup pumpernickel or rye bread crumbs
- 12 ounces corned beef
- ½ cup mayonnaise
- ¼ cup Thousand Island dressing

Place sauerkraut in 1½ -quart dish. Top with beef, then cheese. Combine both dressings and spread over cheese. Combine butter and bread crumbs. Sprinkle over top. Microwave at 70 percent for 12 to 14 minutes. Bake at 350 degrees for 45 minutes. Let stand 5 minutes before serving.