



BARLEY

How to cook it and what to do with all that deliciousness!

Cooking Barley

3 cups liquid* (water, chicken broth, vegetable broth)

Pinch of salt if using water as liquid

1-2 teaspoons canola oil (optional)

1 cup raw barley

Bring liquid, salt, and oil to boil over high heat. Add barley, stir, reduce heat to a simmer, cover pan, and simmer 45 minutes if using pearl barley or 55 minutes if using hulled barley. Take pan off heat and let stand 5 minutes. Pour any remaining liquid off.

Yield: 3 - 3 ½ cups.

* The liquid you use will depend on what you plan to do with the end product. If you want a breakfast cereal, use water. If you will be using the barley in a side dish for your evening meal, the chicken or vegetable broth would be preferred.

Barley has a nice chewy texture and takes on the flavor of whatever you put it in. It is an excellent source of fiber, B vitamins and iron. Add it to your favorite dishes or try some of these!

Barley Lentil Soup

3 cloves garlic, minced

1 cup chopped onion

2 carrots, peeled and chopped

1 stalk celery, chopped

7 – 8 cups reduced sodium chicken or vegetable stock

1 ½ cups sliced mushrooms

1 cup lentils, rinsed

½ cup barley

1 tablespoon tomato paste

1 ½ teaspoons thyme

1 teaspoon curry powder

1 bay leaf

1 tablespoon chopped parsley

2 tablespoons fresh lemon juice

½ teaspoon pepper

1 tablespoon Worcestershire sauce

Spray large saucepan with cooking spray. Add onion and garlic; sauté 3 – 4 minutes, stirring occasionally. Add remaining ingredients. Bring to boil, reduce heat, and simmer 60-70 minutes or until barley and lentils are tender. Remove bay leaf and serve.

Yield: 8 servings

Easy Greek Barley Salad

1 cup barley

3 cups water

Pinch salt

2 tablespoons olive oil

2 tablespoons fresh lemon juice

2 tablespoons red wine vinegar

¼ cup finely chopped onion

¼ cup finely chopped parsley

2 cups grape tomatoes, cut in half

1 small green or red bell pepper

½ cup feta cheese

½ teaspoon oregano

Cook barley in 3 cups water with salt for 45 – 55 minutes or until tender. Pour off any unabsorbed water. Place barley in large strainer and run under cool water until barley reaches room temperature. Combine remaining ingredients and mix with barley. Serve at room temperature or chilled if desired.

Yield: 6 servings



*Give this salad a southwestern taste by replacing the parsley with cilantro, the feta with Monterey-Jack, and adding any of the following ~ corn, jicama, green chilies, cumin, chili powder.

Orange Barley Pilaf

1 cup barley	½ cup golden raisins
3 cups water	2 green onions, sliced
Pinch salt	¼ teaspoon pepper
1 tablespoon olive oil	2 oranges
1 clove garlic, minced	

Cook barley in 3 cups water with salt for 45 – 55 minutes or until tender. Pour off any unabsorbed water. Heat olive oil in skillet and add garlic. Sauté 1 – 2 minutes. Add raisins and green onions. Peel, section, and cut 1 orange into pieces. Add to skillet. From remaining orange, grate 1 teaspoon of orange zest and squeeze 3 tablespoons orange juice into skillet. Add cooked barley and toss to mix. Serve warm.
Yield: 6 servings – especially good with ham and pork.

For information on how to order printable versions of this handout, go to extension.usu.edu.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
Utah State University is an affirmative action/equal opportunity institution.

EXTENSION
UtahStateUniversity FOOD
SENSE