Posted on 17 September 2012

by ewfood

Barley Stew

Ingredients

3 oz. pearl barley
16fl oz. water
12 oz. broad beans
0.5 fl oz. olive oil
2 onions, finely diced
1 clove garlic, minced
2 carrots
chopped
4fl oz. beer (use the non-alcoholic variety or vegetable stock)
handful of thyme

Preparation

1. Soak the barley in the water overnight, then bring it to boil, reduce the heat and simmer until the water is absorbed, approximately 30 minutes
2. In a pan sauté the onions and season, add the garlic
3. add carrots and continue sautéing for 3-5 minutes
4. finally add the broadbeans and the beer, simmer until the beer has evaporated
5. Mix the barley into this and add the thyme
6. simmer for 5-10 minutes and serve.

Cooks Note