



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
