

# Barley Bits

## Savory supper ideas for all occasions

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### Barley Mushroom Stroganoff

*Family favorite with a twist.*

- 1 pound lean ground turkey, chicken or beef
- 2 teaspoons olive oil
- $\frac{3}{4}$  cup chopped onion
- 8 ounces sliced fresh mushrooms
- 1 teaspoon dried oregano leaves, crushed
- 1 teaspoon salt
- $\frac{3}{4}$  teaspoon ground black pepper
- $\frac{1}{2}$  cup water
- 1 teaspoon chicken seasoning base
- 2 cups low-fat sour cream
- 1 teaspoon all-purpose flour
- 2 cups cooked pearl barley\*
- Chopped fresh parsley, for garnish

Spray large skillet with non-stick cooking spray; heat over medium heat. Add ground turkey; crumble and cook until turkey is no longer pink. Remove from pan and drain. Pour off liquid from pan. Add olive oil, onion and mushrooms; sauté 4 to 5 minutes, stirring occasionally. Season with oregano, salt and pepper. Cook 4 more minutes. Stir in water and chicken seasoning. Blend together sour cream and flour. Stir in sour cream mixture, cooked barley and meat. Continue to cook over low heat until heated through. Garnish with parsley, if desired, and serve. **Makes 8 servings.**

Per serving: calories 367, protein 12g, carbohydrates 65g, fat 8g, fiber 7g, cholesterol 20mg, sodium 696mg.

\*In medium saucepan with lid, bring 3 cups water to a boil. Add 1 cup pearl barley; return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Place extra cooked barley in an airtight container and refrigerate or freeze for later use.

### Barley-Stuffed Hens

*Delectable dining for two.*

- 1 Cornish game hen (about 1- $\frac{1}{2}$  pounds)
- Salt and pepper
- $\frac{1}{2}$  cup pearl barley
- 1 cup chicken broth
- $\frac{1}{2}$  cup orange juice
- $\frac{1}{2}$  teaspoon orange peel
- 2 teaspoons finely chopped crystallized ginger
- $\frac{1}{4}$  teaspoon ground cumin
- $\frac{1}{4}$  cup raisins

- $\frac{1}{4}$  cup chopped apple
- 2 tablespoons chopped walnuts
- 1 tablespoon orange marmalade
- 2 teaspoons white wine
- $\frac{1}{2}$  teaspoon Dijon-style mustard

Defrost game hen, if frozen. Rinse and pat dry with paper towel. Sprinkle hen with salt and pepper; refrigerate until ready to fill. To prepare barley filling, combine barley, chicken broth, orange juice, orange peel, chopped ginger and cumin in medium saucepan. Bring to a boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Stir in raisins, chopped apple and walnuts. For orange glaze, combine orange marmalade, white wine and mustard; set glaze aside. Spoon barley filling into hen cavity. Spoon any remaining filling in bottom of buttered baking dish. Place stuffed hen, breast-side up, on top of filling in baking dish. Bake in 375° F oven for 30 minutes. Brush hen with orange glaze; bake 30 to 40 minutes longer, brushing once or twice more with glaze. To serve, cut hen in half with poultry shears and arrange each half on dinner plate. Spoon any extra filling alongside each. **Makes 2 servings.**

Per serving: calories 584, protein 48g, carbohydrates 72g, fat 12g, fiber 10g, cholesterol 120mg, sodium 530mg.

### Barley Bean Picnic Salad

*Summer fun feasting.*

- 1 cup pearl barley
- 3 cups water
- 1 can (15 ounces) kidney beans, rinsed and drained
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (11 ounces) Mexicorn, drained
- $\frac{3}{4}$  cup chopped red onion
- $\frac{1}{4}$  to  $\frac{1}{2}$  cup sliced jalapeño chiles
- $\frac{2}{3}$  cup bottled barbecue sauce
- 3 tablespoons bottled Italian salad dressing
- Green cabbage leaves, optional
- 2 cups (8 ounces) shredded Cheddar cheese
- 1 cup crumbled tortilla chips

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*continued from front*

In medium saucepan with lid, bring water to a boil. Add barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Cool. In large bowl, combine cooled barley, beans, corn, red onion and jalapeño chiles. In small bowl, combine barbecue sauce and Italian dressing. Pour dressing mixture over barley salad and toss well to coat. Line a serving bowl with cabbage leaves, if desired. Spoon barley salad into bowl and top with shredded cheese and crumbled tortilla chips. **Makes 8 servings.**

Per serving: calories 387, protein 17g, carbohydrates 54g, fat 14g, fiber 13g, cholesterol 30mg, sodium 924mg.

## Barley Asparagus Risotto

*Swanky dinner party fare.*

- 1 pound asparagus, tough ends removed
- 4 teaspoons olive oil, divided
- 4 shallots, sliced
- 1- $\frac{1}{4}$  cups pearl barley
- 1 tablespoon fresh thyme leaves or  
1 teaspoon dried thyme leaves
- 5 cups prepared fat-free chicken broth
- 1 cup dry white wine
- $\frac{1}{4}$  cup shredded Reggiano-Parmigiano  
cheese
- $\frac{1}{4}$  cup toasted walnuts, finely chopped
- Finely chopped red bell pepper, fresh thyme  
sprigs and lemon slices for garnish, optional

Place asparagus on cookie sheet and sprinkle with 1 teaspoon oil, rolling spears to coat. Roast in 400°F oven for 8 minutes; set aside. In medium heavy pan, heat remaining 3 teaspoons oil over medium-high heat. Add shallots, barley and thyme; cook and stir for 3 minutes. Add broth,  $\frac{3}{4}$  cup at a time, cooking and stirring until just absorbed. Continue adding all broth. Add wine, stirring and cooking until absorbed. (This process will take about 25 minutes.) Stir in cheese and walnuts. Divide asparagus among 4 plates. Top with barley risotto and garnish as desired. **Makes 4 servings.**

Per serving: calories 450, protein 21g, carbohydrates 60g, fat 11g, fiber 13g, cholesterol 4mg, sodium 314mg.

## Lamb and Barley Casserole

*Easy weeknight supper.*

- 1 pound lean ground lamb, cooked,  
crumbled and drained
- 1 tablespoon olive oil
- 1 large onion, chopped
- $\frac{1}{2}$  cup sliced celery
- 2 cloves garlic, finely chopped
- 1 cup pearl barley
- 1 tablespoon curry powder
- 1 teaspoon ground black pepper
- $\frac{1}{2}$  teaspoon salt
- 3 cups fat-free chicken broth
- Mint sauce or mango chutney, optional

In large skillet, heat oil over medium heat. Add onion, celery and garlic; sauté for 4 minutes. Stir in barley and sauté until golden brown. Blend in curry, pepper and salt; cook 1 minute. Stir in broth and bring to a boil. Mix in cooked lamb. Spray a 9 x 13-inch baking dish with non-stick cooking spray. Carefully pour mixture into baking dish. Cover with foil and baked in preheated 350° F oven for 30 minutes. Carefully remove foil and stir. Cover and bake 30 to 60 minutes or until barley is tender and liquid is absorbed. Serve with mint sauce or mango chutney, if desired. **Makes 8 servings.**

Per serving: calories 241, protein 15g, carbohydrates 23g, fat 10g, fiber 5g, cholesterol 37mg, sodium 251mg.

## Barley Basics

- Pearl barley is available in most supermarkets and may be found next to lentils and dry beans.
- Barley is available in other forms as well including hulled barley (whole grain), hullless barley (whole grain), barley flour, barley flakes, barley grits and quick cooking barley. These products are in more limited supply and may be found in some specialty and natural foods stores.
- For best quality, uncooked barley should be stored in an airtight container in a cool place, preferably in the refrigerator or freezer. If refrigerated or frozen, barley can be stored for about 6 months.