



Blog of the month – April 2017

Ham it up ...

... with a delicious idea for springtime holiday leftovers. If this month's holiday festivities have left you with a mountain of ham taking over the refrigerator, fear no more. We've got a neat recipe that's brimming with flavor and color ... including barley of course. Check out the recipe below. It's a keeper:

Orange Barley Pilaf and Ham Sauté

Orange Barley Pilaf:

2 tablespoons olive oil, divided

1 clove garlic, finely chopped

1 cup pearl barley

2-1/2 cups water

Salt

1 teaspoon grated orange peel

3 tablespoons orange juice

1 orange, peeled, segmented and cut into pieces

1/2 cup golden raisins

2 green onions, sliced

1/4 teaspoon ground black pepper

In medium saucepan with lid heat 1 tablespoon olive oil. Add garlic and barley; sauté 2 to 3 minutes. Add water and 1/2 teaspoon salt. Bring to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. In the meantime, combine remaining 1 tablespoon olive oil, 1/4 teaspoon salt, grated orange peel, orange juice, orange pieces, raisins, green onions and black pepper; stir to blend. Toss with cooked barley and keep warm until ready to serve.

Ham Sauté:

1 tablespoon olive oil

1/2 cup sliced onion

½ cup sliced celery
1 cup sliced carrots
1 cup sliced button mushrooms
1 cup broccoli florets
1/3 cup water
1 tablespoon grated fresh gingerroot or 1 teaspoon ground ginger
3 tablespoons soy sauce
3 tablespoons rice wine vinegar
2 tablespoons honey
1 tablespoon cornstarch
2 teaspoons sesame oil
1 cup cooked and cubed ham (may substitute cooked and cubed chicken or turkey)

Heat oil in skillet. Add onion, celery, carrots, mushrooms and broccoli; sauté 1 to 2 minutes. Add water; bring to boil and continue to cook 3 minutes. Combine gingerroot, soy sauce, rice wine vinegar, honey, cornstarch and sesame oil. Add to vegetables. Continue to cook and stir for 3 minutes or until mixture thickens. Stir in ham; cook until heated through. Makes 4 entrée servings.