

Recipes

Vegetable Puree With Barley (For all dishes, best cook on low to medium heat)



Ingredients (serves 4)

2 full tablespoons of barley per person
celery (2 stems)
1 carrot
half an onion
2 medium size potatoes
2 handful chards and/or spinach
basil
ginger
1 bay leaf
olive oil
salt or 2 vegetable stock cubes
to garnish: basil/mint/cherry tomatoes

Instructions

Chop up and cook the vegetables together, with sliced ginger and a vegetable stock cube. After 20-30 mins, when all cooked, blitz them to a fine consistency. In the meantime, cook the barley after washing it multiple times: make it toast into a pan, then add hot water (twice as much as the quantity of barley cooked) with the bay leaf and a pinch of salt or a vegetable stock cube. Add hot water if needed. Once cooked, after around 30 mins, let it rest, covered. To serve, first pour the puree into a bowl, then, using a smaller wet bowl, mould the barley into the shape of a semi-sphere to then add in the middle of the puree. Garnish with basil/mint/sliced cherry tomatoes.