

Barley and Mushroom Kugel

Recipe By Gil Marks



Cooking and Prep:  4
h 15 m

Serves:  6

Contains:  

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Vegetarian, Pescetarian

Source: OU Kosher

Learn how to make this quick and easy casserole from basic ingredients you probably already have at home. This is a great recipe to use up any barley you may have left over before Passover.

Ingredients (9)

Barley

- 1 cup pearl barley
- 6 cups water
- 2 teaspoons salt

Kugel

- 2 tablespoons vegetable oil or schmaltz

- 2 medium onions, chopped
 - 1/2 pound mushrooms, sliced
 - 1/4 cup chopped green bell pepper (optional)
 - 2 large eggs, lightly beaten
 - Salt and pepper
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Start Cooking

Prepare the Barley

1. Soak the barley in water to cover for at least 2 hours. Drain.
2. Add the 6 cups water and salt, bring to a boil, cover, reduce heat to low and simmer until tender (about 1 hour). Drain and cool.

Prepare the Kugel

1. Preheat the oven to 350°F (175°C). Grease a 1½-quart baking dish.
2. Heat the oil in a large skillet over medium heat. Add the onions and sauté until soft and translucent (5 to 10 minutes). Add the mushrooms and, if desired, bell peppers and sauté until liquid evaporates. Remove from the heat and stir in the barley, then the remaining ingredients.
3. Spoon into the prepared pan. Bake until browned and set (about 40 minutes).