


Barley Summer Salad

Recipe By *Gil Marks*



Cooking and Prep: 
2.5 h

Serves:  8

Contains: 

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Vegan, Low Fat, Sugar Free, Pescetarian

Source: OU Kosher

This chilled salad is made with barley, which is available in two forms: Scotch (hulled or pot) and pearl. Scotch barley has had only the outer husk removed and requires a long soaking period and two to three hours to cook. Pearl barley has been further refined by steaming and polishing – a process that removes the entire husk, leaving only the pearl or inner kernel. Pearl barley requires a shorter cooking time of about 30 minutes.

Ingredients (11)

Main ingredients

- 2 cups pearl barley
- about 10 cups water
- 1 green bell pepper, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 1/3 cup minced scallions

- 1/3 cup chopped parsley
 - 2 tablespoons chopped fresh dill or tarragon or 1 tablespoon chopped fresh thyme
 - 1/2 cup **Bartenura Olive Oil** or vegetable oil
 - 3–4 tablespoons lemon juice or vinegar
 - salt, to taste
 - pepper, to taste
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Start Cooking

Prepare the Salad

1. Place the barley in boiling water, cover, reduce heat, and simmer, stirring occasionally, until tender (about 40 minutes). Rinse under cold water and drain.
2. Stir in the bell peppers, scallions, parsley, and dill. Combine the oil, lemon juice, salt, and pepper and stir into barley. Chill.