

Brown Rice and Barley Medley

Recipe By *Brynie Greisman*



Cooking and Prep:  1 h

Serves:  6

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Shabbat, Purim

Diet: Vegan, Sugar Free, Salt Free, Vegetarian, Pescetarian

Source: Family Table by Mishpacha Magazine

The nutty flavor of the rice and the chewy texture of the barley complement each other well in this side dish from Chashie K. Dried cranberries add just the right amount of color and flavor. To achieve different textures, experiment with different types of rice, like long grain, short round rice, etc.

Ingredients (8)

Main ingredients

- 1 cup brown rice
- 1/2 cup barley
- 1 teaspoon **Gefen Olive Oil**
- 1/2 cup onion, finely chopped
- 1-2 cloves garlic, minced or 1-2 cubes **Gefen Frozen Garlic**

- 1 and 1/2 tablespoons lemon juice
 - 1 teaspoon seasoning spice, like Mrs. Dash
 - less than 1/2 cup **Gefen Sweetened Dried Cranberries**
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Start Cooking

Prepare Rice and Barley Medley

1. In a four-quart or four-liter pot, bring three and a half cups of water to a boil.
2. Add the brown rice and barley and cook for 40-50 minutes until soft. Drain if necessary.
3. In a separate pot, sauté the onion and garlic in olive oil.
4. Add to the brown rice and barley.
5. Add the remaining ingredients and mix well. If it appears too dry, add one more tablespoon of oil and mix well.

Note:

If you cut the dried cranberries in half before adding, you can use just 1/3 cup with the same delicious flavor.

Credits

Photography: Daniel Lailah.

Styling: Michal Leibowitz.