

# Wild Rice and Barley Pilaf

Recipe By *Brynie Greisman*



Cooking and Prep:  50  
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Serves:  8

Contains:  

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Shabbat, Purim,  
Sukkot, Tu-Bishvat

**Diet:** Sugar Free, Vegan

**Source:** Family Table by  
Mishpacha Magazine

What an amazing blend of textures — chewy rice and barley, crispy nuts, and crunchy pomegranate seeds. Barley has the highest fiber content of all grains — up to 17 percent fiber (pearl barley has slightly less as the outer husk and bran layers are removed, which means it also takes less time to cook) — and is also high in antioxidants, vitamins, and minerals. Add some color to your table by cooking this tasty dish.

## Ingredients (12)

### Main ingredients

- 1 tablespoon **Gefen Olive Oil**
- 1 onion, diced
- 1/2 cup wild rice
- 1/2 cup barley

- 3 cups water
  - 1/4 to 1/2 cup roasted slivered almonds
  - 1/2 cup pomegranate seeds
  - 1 teaspoon lemon zest, optional
  - 1 and 1/2 tablespoons chopped parsley
  - salt, to taste
  - pepper, to taste
  - garlic powder, to taste (*optional*)
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## Start Cooking

### For the Pilaf

1. Sauté onion in olive oil.
2. Add wild rice, barley, and water. Bring to a boil and lower flame.
3. Cook covered for 45–50 minutes or until water is absorbed.
4. Mix all ingredients together.
5. Season to taste. Serve warm.

#### Note:

This can be served as a light supper together with a green salad or as an accompaniment to chicken or fish.

#### Tip:

You can use just black wild rice for a more conventional look.

#### Variation:

You can use crushed Brazil nuts instead of slivered almonds

You can use snipped dried cranberries instead of pomegranate seeds