

Restaurant Mushroom Barley Soup

Recipe By *Brynie Greisman*



Cooking and Prep: 
2.5 h

Serves:  8

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Sukkot

Diet: Vegan, Vegetarian,
Pescetarian

Source: Family Table by
Mishpacha Magazine

When I gave my friend, who's a real connoisseur, a taste of this soup, she said it tastes just like a restaurant's — hence the name. It actually tastes better when it sits a few hours, or even overnight. It's very filling, and if you add a turkey neck or two, it's a meal in one. Perfect for the weather!

Ingredients (15)

Main ingredients

- 1/2 cup barley
- 8 cups water, divided
- 1 tablespoon oil
- 1 very large onion, minced

- 1 and 1/2 - 2 teaspoons salt
 - 1 bay leaf
 - 2 medium carrots, diced
 - 1-2 medium stalks celery, minced
 - 1 basket (10 ounces / 270 grams) mushrooms, sliced
 - 1 and 1/2 tablespoons **Baron Herzog Chenin Blanc** or other dry or semi dry white wine
 - 1 tablespoon fresh lemon juice
 - 3 tablespoons chopped fresh fennel
 - 2 cloves garlic, minced or 2 cubes **Gefen Frozen Garlic**
 - 3 tablespoons minced fresh dill or 9 cubes **Dorot Gardens Frozen Dill**, or to taste
 - black pepper, to taste
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Start Cooking

Prepare Soup

1. Place the barley and two cups of water in a small pot.
2. Bring to a boil, cover, lower the flame, and simmer about 30–40 minutes, until the barley is tender. (This can even be done the night before).
3. Heat the oil in a five to six quart (liter) pot, over a medium flame.
4. Add the onion, salt, and bay leaf and cook until the onion begins to soften, about seven minutes.
5. Add the carrots, celery, and mushrooms and cook for about 10 minutes, stirring occasionally.
6. Add six cups of water, wine, lemon juice, and cooked barley.
7. Lower the flame and simmer, covered, for about 30–45 minutes.
8. Remove the bay leaf, and stir in the dill, fennel, garlic, and black pepper and heat through for about 5–10 minutes.
9. Top with chopped fresh parsley if desired.
10. If you make it pareve, you can top with a dollop of yogurt or cream. Yum!

Note: What is fennel? It is a licorice-flavored white bulb (the base is similar to celery) which can be sliced and eaten raw or cooked in numerous ways. The delicate fronds are used like an herb to flavor soups and stews.

Tip: I use a food processor for mincing the veggies. I like to slice the mushrooms with the food processor as well. You get thin, uniform slices. When reheating the soup the next day, you might want to add more water, as barley expands.

Credits

Photography: Daniel Lailah

Styling: Michal Leibowitz