

Barley Recipes Collection

This collection of barley recipes explores all different types of barley, from hulled and hullless barley to barley grits, flakes and flour. Try them all!



Vegetarian Barley Bean Soup

makes about 10 cups

- | | |
|---|-------------------------|
| 1 large onion, finely chopped | 1 cup carrots, sliced |
| 2 cloves of garlic, minced | 1 cup mushrooms, sliced |
| 1 tsp. vegetable oil | 1/2 cup hulled barley |
| 6 cups water | 1 tsp. dried basil |
| 1- 28 oz. can of chopped tomatoes, | 1/2 tsp. dried oregano |
| 1 1/2 cups cooked kidney beans | 1/2 tsp. salt |
| 1- 9 oz. bag frozen green beans or peas | 1/4 tsp. pepper |

Directions:

In a 4 quart saucepan or Dutch oven, cook onion and garlic in oil until onion is tender but not brown. Add remaining ingredients and bring to a boil. Reduce heat to simmer and cover. Simmer 60 to 70 minutes or until barley is tender, stirring occasionally. Add additional water if soup becomes too thick.

Lentil Barley Soup

makes 5 servings

- | | |
|-------------------------------|-----------------------------|
| 3/4 cup chopped onion | 3/4 cup barley grits |
| 3/4 cup chopped celery | 6 vegetable bouillon cubes |
| 1 clove garlic, minced | 1/2 tsp. dried rosemary |
| 1/4 cup butter | 1/2 tsp. dried oregano |
| 6 cup water | 1/4 tsp. pepper |
| 1 (28 oz) can pureed tomatoes | 1 cup thinly sliced carrots |
| 3/4 cup lentils | 1 cup shredded Swiss cheese |

Directions:

In a 4-quart Dutch oven, cook onion, celery and garlic in hot butter till tender, being careful not to burn. Add all remaining ingredients except carrots and cheese. Bring to a boil; reduce heat. Cover and simmer for 45 minutes. Add carrots and simmer for 15 minutes or until carrots are tender. Serve topped with cheese.



Barley recipes courtesy of Shiloh Farms (www.shilohfarms.com) and the Whole Grains Council (www.wholegrainscouncil.org)



Barley Mushroom Pilaf

makes 4 servings

1/2 cup sliced fresh mushrooms
2 tsp. olive oil
1 cup hullless barley
3 cups chicken or vegetable broth
2 Tbsp. chopped green onion
1/4 tsp crushed dried rosemary
1/4 tsp marjoram
2 Tbsp. grated fresh Parmesan cheese (optional)

Directions:

Heat olive oil in saucepan; add mushrooms and sauté until limp. Add barley, broth, green onions and rosemary. Bring to a boil. Reduce heat to simmer and cook about an hour or until barley is tender and liquid is absorbed. Sprinkle Parmesan cheese over pilaf and serve.

Barley Casserole

makes 4 servings

1/2 lb. fresh mushrooms, sliced
1 large onion, finely chopped
4 Tbsp. butter
1 cup hulled barley
3 cups vegetable or chicken or beef broth
sliced almonds (toasted if you prefer)
salt and pepper to taste

Directions:

Saute mushrooms and onions in butter. Don't let the onions get brown. Mix in barley, salt and pepper. Pour mixture into buttered 1 1/2 quart casserole dish. Cover with broth to 1/2 inch above barley. Cover and bake at 350°F for about 45 to 60 minutes, or until liquid is absorbed and barley is tender. Garnish with toasted sliced almonds.

Barley Flour Drop Biscuits

makes 12 biscuits

1 cup barley flour
1 tsp. sea salt
2 tsp. baking powder
2 Tbsp. butter
1/3 cup buttermilk
1 egg

Directions:

Sift the dry ingredients together and cut in the butter with a pastry knife. Beat the buttermilk and egg together and mix lightly with the dry ingredients. The dough should be soft, but thick enough to hold its shape when dropped from a spoon onto a greased baking sheet. Bake at 400° F for about 10 to 15 minutes.



Barley recipes courtesy of Shiloh Farms (www.shilohfarms.com)
and the Whole Grains Council (www.wholegrainscouncil.org)



Vegetable Barley Soup

makes 8 servings

3 carrots	4 1/2 cups water
2 stalks celery	1 1/2 cups tomato juice
1 medium onion	1/2 cup hullless barley
2 scallions	1/4 cup parsley
1 small turnip	1 1/2 tsp. sea salt
1/2 lb. diced potatoes	1/4 tsp. pepper
2 Tbsp. olive oil	1-2 cups chopped greens (spinach, chard, etc.)

Directions:

Clean and dice vegetables. In a soup pot, combine all ingredients except greens. Cover and simmer 90 minutes or until vegetables are tender. Add greens. Cook an additional 5 minutes, covered.

Deluxe Barley Soup

makes 4-6 servings

6 cups water	1 potato, chopped
1/4 cup lima beans	1 onion, chopped
1/4 cup split peas	2 stalks of celery, diced
1/4 cup hulled barley	2 carrots, diced
1/4 cup brown rice	1 tsp. sea salt to taste
1/4 cup mushrooms	1 Tbsp. dill or parsley
1/2 cup turnips, chopped	1 Tbsp. of oil
1/2 cup tomato pieces or juice	

Directions :

Combine all ingredients in a 5 quart pot. Bring to a boil, cover and simmer over low heat until beans are tender, approximately 90 minutes.

Mushroom Barley Salad

makes 4 servings

1/4 lb. mushrooms	1/4 cup chopped green olives
3 Tbsp. lemon juice	1 1/2 cups cooked barley
3 Tbsp. olive oil	sea salt to taste

Directions:

Slice or chop mushrooms into chunky pieces. Make a dressing of lemon juice, olive oil and salt. Pour over mushrooms and let marinate for 15 to 30 minutes. Add olives and cooked barley to mushrooms and mix well. Can be served at once, or kept for an hour at room temperature, or refrigerated until needed.



Barley recipes courtesy of Shiloh Farms (www.shilohfarms.com)
and the Whole Grains Council (www.wholegrainscouncil.org)



Barley Nut Cookies

makes 2-3 dozen cookies

2 eggs, beaten	1/2 cup wheat germ
1/2 cup canola oil	1/2 tsp. sea salt
1/2 cup honey	1/4 tsp. ground cloves
1/2 cup non-fat dry milk powder	1 tsp. ground cinnamon
1 1/4 cup barley flakes	1/2 cup walnuts, chopped

Directions:

In a bowl combine wet ingredients. In a second bowl, combine dry ingredients. Stir wet into dry ingredients. Let stand for 30 minutes until barley flakes absorb the liquid. Drop by teaspoonful onto greased baking sheet and bake at 325° F for 12 minutes.

Just Like Mom's Cookies

makes about 3 dozen cookies

1 cup wheat flour	2/3 cup date sugar
1/2 tsp. sea salt	1/3 cup honey
1/2 tsp. baking soda	1 tsp. Vanilla
1 tsp. cinnamon	2 eggs
1/4 tsp. nutmeg	2-1/4 cups barley flakes
1/2 cup butter, softened	1/2 cup raisins

Directions:

Preheat oven to 375° F. Combine flour, soda, salt, cinnamon and nutmeg. Cream together honey, butter, date sugar, eggs and vanilla. Beat until fluffy. Add flour mixture. Mix well. Stir in barley flakes and raisins. Drop by teaspoonfuls onto greased cookie sheet. Press cookies down slightly. Bake 8-10 minutes.

Baked Garlic Cheese Grits

makes about 4 servings

- 1 cup uncooked barley grits
- 4 cups water
- 1 teaspoon sea salt
- 1/2 cup unsalted butter
- 1/2 pound sharp Cheddar cheese, grated
- 2 Tbsp Worcestershire sauce
- 1 teaspoon garlic powder

Directions:

Cook grits in salted water, then when done add remaining ingredients. Pour into greased casserole dish and bake at 350 degrees for 20 minutes.



Barley recipes courtesy of Shiloh Farms (www.shilohfarms.com)
and the Whole Grains Council (www.wholegrainscouncil.org)



Natural Gourmet Cookies

makes about 6 dozen cookies

1/2 cup butter or oil	1/2 cup coconut
3/4 cup honey	1/2 cup chopped Walnuts
2 eggs	1/2 cup carob chips
1/2 Tsp. vanilla	1 cup raisins
1 1/2 cups barley flakes	1/4 cup sunflower seeds
1/8 cup sesame seeds	1/4 cup pumpkin seeds
1/8 cup chia seeds	

Directions:

Cream butter and honey. Beat in eggs. Add remaining ingredients. Drop onto cookie sheet and bake about 15 minutes at 325° F.

Barley Muffins

makes 12 muffins

1 cup barley flour	1 Tbsp. grated orange rind
2 tsp. baking powder	1/2 cup orange juice
1 tsp. baking soda	1/4 cup mild honey
2 tsp. cinnamon	1/4 cup safflower or corn oil
1/2 cup raisins	1 egg white, beaten

Directions:

Stir dry ingredients together and add raisins and orange rind. Combine liquids and mix. Stir liquids into dry ingredients until all is moistened well. Fold in beaten egg white. Fill prepared muffin pans full. Bake at 350° F for 20-25 minutes.



Barley recipes courtesy of Shiloh Farms (www.shilohfarms.com)
and the Whole Grains Council (www.wholegrainscouncil.org)

