

Idiot's Kitchen Recipe – Barley with Carrots & Scallions

Recipe from www.idiotskitchen.com – Adapted from Melissa Clark



Ingredients:

1 cup pearly barley
3-4 medium carrots, grated
2 Tablespoons extra virgin olive oil
2 scallions, finely chopped
½ cup Pecorino Romano cheese (or parmesan), grated
Salt & Pepper

Bring a large pot of water to a boil and season it with salt as you would to cook pasta. Add 1 cup of barley, reduce the heat and simmer until almost tender, 45-50 minutes.

While the barley cooks, peel and grate 3-4 medium carrots and thinly slice 2 scallions.

When the barley is almost tender (45-50 minutes), add the grated carrots to the pot and continue to cook 5-10 minutes more until the grains are completely tender.

Drain the barley and carrots through a fine mesh strainer and transfer to a large bowl. Add 2 Tablespoons of extra virgin olive oil, the chopped scallions, and ½ cup grated Pecorino Romano Cheese.

Season to taste with salt & pepper and stir to combine all of the ingredients.

Serve warm as a side dish or room temperature as a salad.

Makes 4 servings.