

## **Baked Barley** (serves six as a side dish)

Saute desired vegetables (onion, celery, garlic, leeks, mushrooms, etc.).

Toast ½ cup nuts on stove top over low heat (pine nuts, almonds, etc.) until lightly browned. Heat oven to 350 degrees.

When ready to assemble, bring 3 cups water or vegetable broth to a boil. While waiting for the liquid to heat, combine vegetables; nuts; 1 cup barley; 1 teaspoon each of thyme, marjoram and rosemary (or other herb of choice); 2 tablespoons of tamari or soy sauce and sauté gently together for 5 minutes, stirring frequently. [If you are short on time, you can skip the sauté part, but still mix them together to distribute the spices.]

Mix boiling liquid and barley mixture together in casserole dish (approx. 8 x 8). Bake, covered, for 1¼ hours. Make sure you allow the full time – at 1 hour the mixture will still be very soupy.

### Denise's notes for Point House:

Skip the sauté part for the veggies – makes no difference to the final taste and makes the whole thing much easier.

Made 4 8 x 11 pans of double batches, served 23 people with part of one pan left over BUT I've found that the amount consumed is highly dependent on what else is being served

For a deep 8 x 11 pan, make a double batch. That's 2 cups of pearl barley and 6 cups liquid. If you are adding lots of vegetables, or it's not a deep 8 x 11, make a slightly smaller batch with 1.5 cups of barley and 4.5 cups broth.

Note for Canada: 900ml box of broth = 4 cups liquid