



JANUARY'S RECIPE:

BARLEY AND MUSHROOM PILAF

Pilaf is a Middle Eastern dish that is commonly found anywhere from Armenia to India. Various grains can be used such as bulgur or rice with any number of nuts, meats, fish or other ingredients folded in. Cooked in a good stock, pilaf is very satisfying and once you have the hang of the basic method, you can reinvent this dish time and again.

Preparation time:
15 mins

Cooking time:
45 mins

Serves: 4-6

Ingredients

Method

2 ounces fresh shiitake mushrooms
 ½ pound field mushrooms
 1 onion
 2 carrots
 1 tablespoons butter
 2 tablespoons olive oil

1 cup pot barley
 3 cups chicken stock
 Handful fresh parsley
 ½ cup walnuts
 Soy sauce
 Salt and pepper

Chop the mushrooms, onions and carrots into strips. Sauté the mushrooms in a little of the olive oil and butter and set aside when browned. Sauté the onion and carrots in the rest of the oil and butter for a few minutes, stir in the barley then add the stock. Cook for about 45 minutes or until the barley is tender, adding more stock if needed. Turn in the mushrooms and their juice and cook for a few more minutes. Toast the walnuts lightly, sprinkle with soy sauce and fold in. Chop the parsley and fold that in too. Season with soy sauce or salt and pepper and serve with some steamed greens.

Energetics

Barley is beneficial for the stomach and Intestines and is very easily digested. It strengthens the Blood and the Yin whilst at the same time leaching surplus Water from the system. The mushrooms, like the barley, are slightly cooling and they help remove toxins and surplus Heat from the body. The overall effect of this dish is to reduce Heat, drain Water and nourish the Blood and Yin.