
Barley with Mushrooms

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

1/2 pound fresh mushrooms
4 to 5 tablespoons butter
1 large onion, peeled and chopped
1 cup pearl barley
2 cups chicken broth
1/3 cup toasted almonds (optional)

Preheat the oven to 350 degrees.

Wipe the mushrooms with a damp cloth and slice.

In a skillet over moderate heat, saute' the onions and mushrooms in butter until soft. Add the barley and brown lightly. Pour into a greased casserole dish.

Taste the broth for seasoning and, if adequate, the casserole will need no additional salt or pepper. Pour one cup of the broth into the casserole and cover.

Bake for 25 or 30 minutes then add the second cup of broth.

Sprinkle the top of the casserole with almonds, if desired, and continue baking until the liquid is absorbed and the barley is done, about 30 minutes. Check occasionally to see if any additional broth is needed.

Yield: 6 to 8 servings

Side Dishes

Per Serving (excluding unknown items): 4130 Calories; 374g Fat (79.5% calories from fat); 39g Protein; 177g Carbohydrate; 36g Dietary Fiber; 993mg Cholesterol; 5303mg Sodium. Exchanges: 10 1/2 Grain(Starch); 1 Lean Meat; 4 Vegetable; 73 1/2 Fat.