

Mushroom and Barley Soup

Joseph Erdos - Special to Tribune Media Services
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Servings: 4

1 package (one ounce) dried porcini mushrooms
2 tablespoons olive oil
2 large shallots, finely chopped
2 cloves garlic, finely chopped
1 pound cremini mushrooms, cleaned, stems trimmed and sliced
8 cups beef stock
4 sprigs fresh thyme or 1/2 teaspoon dried
1/2 cup barley, rinsed
fine sea salt
freshly ground black pepper
1/2 cup parsley, finely chopped

Add the dried mushrooms to a bowl and cover with two cups of boiling water. Soak, submerged with a small plate, for 20 minutes. Squeeze the liquid from the mushrooms and slice. Reserve the liquid and strain.

Warm the oil in a skillet set over medium-high heat. Add the shallots and garlic, saute' until fragrant and translucent, about 2 minutes.

Add the mushrooms and cook until their liquid releases, about 5 minutes.

Add the beef stock, thyme, reserved mushroom liquid and reconstituted porcini. Bring to a boil. Add the barley and reduce to a simmer.

Cook, partially covered, until the barley is tender, about 35 to 40 minutes. Season with salt and pepper.

Stir in the chopped parsley before serving.

Per Serving (excluding unknown items): 196 Calories; 8g Fat (40.1% calories from fat); 5g Protein; 21g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 4255mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 1 1/2 Fat.