

Spezialitads dal Grischun



GRISONS BARLEY SOUP

A thick, wholesome soup for cold winter days

Ingredients (for 4 portions)

- 60 g pearl barley
- 1/2 celery, 2 carrots, 2 potatoes
- 1/2 white cabbage, 1 leek
- 2 tablespoons oil
- 1 stock cube
- 300 g raw ham or 300 g genuine Bündnerfleisch (or Bündnerfleisch Julienne)
- 2 tablespoons cream
- Salt, freshly ground pepper

Wash the barley and leave to soak overnight.

Method (Preparation time: 30 minutes, recipe takes approx. 2 1/2 hours)

Peel and dice the celery, carrots and potatoes, cut away the thick ribs from the cabbage layers and slice the leaves in strips, cut the leek into rounds.

Heat the oil in a large frying pan and gently stew the celery, carrots and cabbage. Add the barley and celery and about 2 1/2 litres of water.

Dissolve the stock cube in the mixture and allow to simmer for 2 1/2 hours.

Add the diced raw ham or Bündnerfleisch to the soup and allow to simmer for a further 30 minutes.

After cooking, season with salt and freshly ground pepper and round off with cream just before serving.

Barley soup is best served with traditional, crusty Grisons rye bread or freshly baked home-made bread.