

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.