



Back to Barley

PART II

The rich texture and full grain flavor of barley are being discovered as consumers seek out foods that are nutritious and economical.

But, actually, barley is being re-discovered. The truth is that its history is entwined with that of many nations and peoples. For instance, did you know that it figures prominently in Jewish biblical history? It formed part of the diet of David's army (II Samuel 17:28) and of those who cut down the timber of Lebanon for the Temple of Solomon (II Chronicles 1:9). It is also believed that the "first fruit of the harvest" (Leviticus 23:9-15), reaped on the second day of Passover, was a reference to barley.

Seasons at one time were even marked by it. Of the cereals grown in biblical times, barley ripened first and the "barley harvest season" was designated as a sign of spring (Ruth 1:22).

Back then, barley was a staple food. It, like the wheat that eventually gained more widespread usage, was baked into bread after being ground into flour. There was a time, though, that barley was so extensively cultivated that the value of a field was estimated on the basis of the amount of barley required to sow it.

Because barley is such a hardy cereal grain (belonging to the family Gramineae), it figures in the history

of many other lands and times, too. It grows in poor soil and under poor conditions, so it is common to both subtropical and arctic regions.

Barley is mentioned in writings dating back before 3,000 B.C. It has nourished the Chinese, the Scots, the Scandinavians and the Turks. The Lake Dwellers of Switzerland, about 1,000 B.C., knew at least three kinds.

Later, it was destined to sail with Columbus into the New World and later still to travel westward across the prairie with pioneer settlers.

As modern processing methods have been improved, barley has been increasingly easy to use—to the point that it is prepared in 10 minutes when quick barley is chosen. Regular barley, ideal for those rich, wonderful soups that Jewish and other good cooks have perfected through time, takes about an hour.

But whether you use barley as a thickener in soups, in a main dish or casserole or as a rice or potato substitute, you are getting an interesting historical food. And a nutritious one, too. Barley is a source of protein, thiamine, niacin, phosphorus and iron. It's a hearty grain food that is coming into its own—again—after many years.

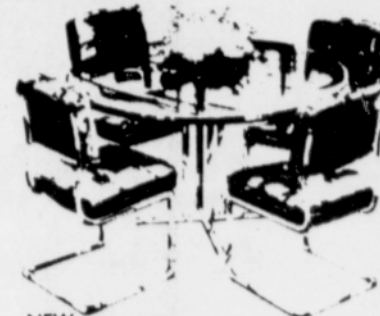
Go back to barley—using these delicious, simple recipes. Explore history!



Back to barley means back to the days when Old Fashioned Beef Stew simmered on the back of Grandma's stove.

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Once you've tried Chicken Barley Salad, you'll go back to it often for its wholesome grain flavor and pleasing texture.

Chicken Barley Salad

- 1 cup quick barley
- 1 teaspoon salt
- 3 cups boiling water
- 2 cups chopped cooked chicken
- 2 cups thin celery slices
- 1/2 cup green onion slices
- one 8-oz. carton (1 cup) plain yogurt
- 2 tablespoons soy sauce
- 1/8 teaspoon garlic powder
- 1/8 teaspoon pepper

Stir barley into salted boiling water. Cover; simmer 10 to 12 minutes or until tender, stirring occasionally. Drain; cool. Add remaining ingredients; toss. Chill. Serve on lettuce with tomato wedges, if desired. Makes about 8 servings.

VARIATION: Substitute 3/4 cup regular barley for quick barley; increase boiling water to 4 cups. Increase cooking time to 1 hour; proceed as recipe directs.

Old Fashioned Beef Stew

- 2 lb. beef stew meat, cut into 1-inch cubes
- 2 cups water
- one 12-oz. can beer
- one 6-oz. can tomato paste
- 1/2 cup regular barley
- one 1.37-oz envelope onion soup mix
- 3/4 teaspoon salt
- 1 bay leaf
- 1/4 teaspoon pepper

2 cups carrot slices
2 cups celery slices
Combine all ingredients except carrots and celery in 4-qt. Dutch oven; mix well. Bring to a boil, stirring occasionally; reduce heat. Cover; simmer about 1 hour. Add vegetables; continue cooking about 30 minutes or until vegetables are tender. Makes about eight 1-cup servings.

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