

From the kitchen of David and Jennifer Deaven

\$id: pecan_barley_salad,v.1.3 2018/05/20 16:56:05 deaven Exp \$
Servings: 6
with salt and pepper.
4. Toss (A), (B), (C) and (D) in a large bowl then season
a colander, then rinse under cold water and drain well.
3. Blanch (C) in boiling water for 2 1/2 minutes. Drain in

Salad/Pecan Barley Salad

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- A: 1C pearled barley (or quinoa)
2C water
1/2t salt
- B: 3/4C pecans, chopped
1/4C olive oil
- C: 1 medium carrots, cut into 1/4" dice
2 celery ribs, cut into 1/4" dice
- D: 1/4C dill, chopped fresh
1/4C shallot, finely chopped (1 large)
2T lemon juice

1. Bring (A) to a boil in a 2 quart heavy saucepan, then reduce heat and simmer, covered, until barley is tender, about 10 minutes. Remove from heat and let stand, covered, 5 minutes. Drain barley in a colander, then rinse under cold water and drain well
2. Cook (B) in oil in a large heavy skillet over moderately low heat, stirring frequently, until nuts are toasted 1 shade darker, about 4 minutes.



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