

Slovenian Barley Soup

The scene for this cooking lesson took place in Slovenia, in the kitchen of Maria Bauer. Barb Pohar and Jean Ficek performed the task as directed by Maria. Karen Taylor took copious notes of the entire process. The charring brings out the sugar in vegetables, adding flavor to the soup. This recipe is direct from Slovenia and was featured in the Slovenian American, page 97.

1 cup barley

1 onion

1 tomato diced or 1/2 can diced tomatoes

2 carrots, sliced

2 cloves garlic, chopped

1 tsp black peppercorns

1/2 cup fresh parsley

Smoked pork, ham, diced; a pork steak with bone also works!

1 cup white beans, navy or cannelloni, soak overnight in cold water

In a large pot cover the barley with water and bring to a boil. Turn off heat and let barley soak for 3 hours. Drain barley and cover with fresh water. Over medium high heat bring the barley to a second boil. Peel the onion and place it whole over a medium-high burner to char the outside. Once blacked on each side place the whole onion into the pot. Add smoked pork, ham. Add tomato, carrots, garlic, pepper corns, parsley and pork. After 30 minutes, add the beans. Salt and pepper to taste. Cover and bring to a boil; reduce heat and simmer for 45-50 minutes, stirring occasionally.