



JERNEJ KITCHEN

BEAN BARLEY SOUP (RICET)

Bean Barley Soup or Ricet is a delicious and nutritious family meal for any day of the week. We can easily make it ahead and freeze it for later.

SERVES	8	PEOPLE
PREPARATION:	20	MINUTES
COOK:	1	HOUR 40 MINUTES
TOTAL TIME:	2	HOURS

BEAN BARLEY SOUP

300 g (10.5 oz) dried white beans

300 g (10.5 oz) barley

1 bay leaf

1 tsp whole peppercorn

600 g (1.3 pounds) slab of smoked bacon

1 garlic clove

2 tbsp olive oil or lard

2 carrots

1/4 celeriac

1 kohlrabi

1 yellow carrot

1/2 large leek

1 onion

1 tsp marjoram

1/2 tsp thyme

1/2 tsp fresh chopped parsley

1 tsp lemon juice or apple cider vinegar

1/2 parsley root

ONE DAY AHEAD

Rinse the dried white beans and barley under running water. Add the beans to a large bowl and cover with water. Add the barley to a separate bowl and cover with water. Set aside overnight and drain the next day.

COOK THE BEANS

Drain the beans and discard the water. Add beans to a large pot. Add 2 liters (8 cups) of water. Add a teaspoon of salt, bay leaf, peppercorns, and peeled garlic cloves. Place on medium heat and bring to a boil, then lower the heat and add a slab of smoked bacon. Cover with a lid and simmer for 45 - 60 minutes or until the beans are soft yet keep their shape. Drain and discard the bay leaf, garlic, and peppercorns, and save the cooking water for later. Cut the smoked bacon into small cubes, approximately 1 cm x 1 cm (1/2-inch x 1/2-inch). Set aside.

COOK THE BARLEY

Add the barley to a pot, season with salt, and pour in 1.5 liters (6 cups) of water. Place over medium heat and bring to a boil, then reduce the heat to low, cover with a lid, and cook for 35 minutes. When the barley cooks, drain and discard the water. Rinse the cooked barley under running water.

BEAN BARLEY SOUP (RICET)

Cut the vegetables into 1 cm x 1 cm cubes. Dice the onion and mince the garlic. Place a large pot over medium heat. Add the olive oil and all the vegetables. Sauté for 5 - 8 minutes for the vegetables to soften. Add the cooked barley and cooked beans. Season with marjoram, thyme, and bay leaf. Pour in the reserved beans cooking water (1800ml (7 cups)). Simmer for

3 garlic cloves

1 bay leaf

TOOLS AND EQUIPEMENT

bowl

pots

sieve

30 - 35 minutes or until the vegetables are soft and cooked. Add the bacon and season with parsley, salt, and pepper. Stir in the freshly squeezed lemon juice or apple cider vinegar and

Sponsored serve.

TIP

If you plan on using canned beans, use vegetable stock of water from cooking the meat instead of beans cooking water.