

Chef from the Hood Recipes



Chef:

Gabrielle Dery

Restaurant:

Applewood Inn & La Buona Forchetta Cooking School

Recipe:

Beef & Barley SOUP!

Ingredients:

- 2 tablespoons olive oil
- 6 beef shanks
- 16 cups (1 gallon) water
- 1 28 ounce can tomatoes
- 4 medium onions, sliced
- 2 tablespoons salt
- 3/4 teaspoon ground pepper
- 1&1/4 cups barley
- 1/2 ounce dried mushrooms
- 1 teaspoon dried thyme leaves
- 1 bay leaf
- 1 head broccoli, chopped
- 5 carrots, chopped

.. Chef Gabrielle Dery's recipe is inspired by the comfort
.. food she remembers her mother and grandmother
.. cooking. Classics like beef and barley soup are easy to
.. make yet rarely cooked at home anymore, due to the
.. lengthy simmering time. Don't let that stop you! This is a
.. great soup to make when you are puttering away at
.. chores on the weekend. Your reward is a delicious
.. evening meal and a wonderful lunch to reheat at work.
.. This recipe makes 8 to 10 servings. If that seems like too
.. much, you could freeze some or give a quart to your
.. neighbor! Gabrielle suggests warming a good loaf of
.. bread to serve alongside.

.. Heat oil in a large Dutch oven or heavy deep pan. Sear
.. meat, browning both sides. Remove from pan and set
.. aside. Drain fat from pan. Return meat to pan and add
.. the water, tomatoes, onions, salt & pepper. Simmer on
.. low for one hour. Occasionally skim the fat that floats up.
.. Remove shanks, cut into bite sized pieces and return to
.. the liquid. Add mushrooms, barley, thyme & bay leaf.
.. Boil, then reduce heat and simmer another 40 minutes.
.. Add vegetables. Cook 40 more minutes.

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