

Barley Pilaf

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Ingredients

1 cup pearl barley
2 tablespoons unsalted butter
1 shallot, minced
Coarse salt and ground pepper
1/4 cup toasted pine nuts
2 tablespoons finely chopped fresh parsley
1 tablespoon fresh lemon juice

Directions

In a large pot of boiling salted water, cook pearl barley until tender but still al dente, about 35 minutes. Drain in a fine-mesh sieve and rinse with cool water to stop the cooking.

In a large skillet, melt unsalted butter over medium-high. Add shallot, minced, and season with coarse salt and ground pepper. Cook until softened, about 2 minutes; add barley and stir to combine. Transfer barley mixture to a large bowl and stir in toasted pine nuts, finely chopped fresh parsley, and fresh lemon juice. Season with salt and pepper.