

Barley

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Ingredients

1 Cup of Pearl Barley
3 Cups Water
1 teaspoon Kosher or Sea Salt

Directions

Rinse the Pearl Barley through a strainer to remove any debris.

In a sauce pan add the Barley, Liquid, and Zing Factor, if desired. Cover and bring to a boil. Simmer Uncovered for about 45-50 minutes until the Barley is tender and Liquid is absorbed. If more cooking time is needed for desired doneness add a bit of water and continue to cook.