Barley Paella

written by The Recipe Exchange | June 28, 2015

Ingredients

1 large onion, chopped
6 garlic cloves, chopped
3 carrots, chopped into small cubes
6 oz dried chorizo, chopped
2 tbsp olive oil
3 cups barley
3 tbsp tomato paste
2 7 oz canned clams, drained
1 cup frozen peas
2 oz fresh parsley, chopped
1 tsp Himalayan salt
Lemon wedges, for serving, optional
Pepper flakes, optional

Directions

In a 6 qt ducth oven, paella pan, or any other pan you may have, over medium to high heat add the chopped chorizo and cook until fragrant and crispy, about 2-3 minutes. Remove from the pan and set aside.

Add the olive oil and add the onion, carrots, garlic and cook for 5-7 minutes until translucent. Add the barley, tomato paste, chorizo, peas, salt and stir. Add 5 cups of hot water. Bring to a simmer, cover and cook adding more liquid as it evaporates doing this until the barley is tender.

With the type of barley I used my cooking time was about 30 minutes until the barley become tender, however, using other varieties may take up to 50 minutes. When the barley is tender add the clams, parsley and pepper flakes if using. Stir and serve while still warm with lemon wedges.