

Carrot Barley Soup

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Serves 4

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Ingredients:

- ¼ cup Olive Oil
- 1 ½ lbs. of Carrots diced (½ inch)
- 1 Sweet Onion diced
- 1 stock Celery diced (½ inch)
- 2 cloves Garlic slightly smashed
- Zest of 1 Orange
(Peel strips with a vegetable peeler)
- 1 tsp fresh Thyme
- 1 tsp fresh Sage
- ⅛ tsp Cayenne Pepper
- 7 cups Chicken Broth (divided) (use vegetable broth for a vegetarian option)
- ½ cup Quick Cooking Barley (can substitute 1 ½ cups prepared wild rice •*Canoe Wild Rice*•)
- ½ tsp Salt



Garnish with Rye Croutons and Sage dust (recipes follow)

Directions:

Heat the olive oil in a Dutch oven. Add carrots, onion, celery, garlic and orange zest. Sauté until all the vegetables are crisp tender about 10 - 12 minutes. Remove garlic cloves and orange zest. Add thyme, sage, and cayenne and sauté 1 more minute. Add three cups of the chicken stock. Bring to a boil, reduce heat and simmer for 10 -12 minutes or until carrots are very tender.

Meanwhile in a small saucepan, bring 1 cup of stock to a boil. Add the barley, cover and reduce to a simmer. Simmer for 10-12 minutes or until the barley takes up all the liquid and has puffed.

Once the vegetables are tender, transfer the soup mixture to a food processor or blender or use an immersion blender and process until smooth. (If using a regular blender or food processor, you may wish to puree in batches. Also hold a heavy kitchen towel over the lid so it doesn't come off causing you to get burned by the hot liquid.)

Return the mixture to the Dutch oven (if not using an immersion blender). Add remaining 3 cups of chicken stock, prepared barley and salt. Heat through. Garnish each bowl with some of the rye croutons and sage dust.

Rye Croutons

4 squares of Cocktail Rye Bread or the equivalent
1 TBSP Unsalted Butter
¼ tsp chopped fresh Sage
¼ tsp chopped fresh Thyme
½ tsp Sea Salt
A pinch of Garlic Powder

Cut the bread into ½ inch cubes. Put the butter in the bottom of a small microwave safe mixing bowl and melt the butter in the microwave. Put the bread cubes in the bowl along with the herbs and seasonings and toss to coat.

Line a baking sheet with aluminum foil. Put the prepared cubes on the baking sheet in a single layer. Place the baking sheet under a broiler set on high and broil turning occasionally for 2-3 minutes or until lightly toasted. Remove and cool.

Sage Dust

8 – 10 large fresh Sage Leaves
Cooking Spray

Lightly spray both sides of the sage leaves with the cooking spray. Place on a microwave safe plate and microwave on high in 20 second intervals until the leaves are dehydrated (be sure to spray the leaves on something other than the plate you will microwave). Remove and allow the sage to cool. Once the leaves are cooled, remove the stems (if any) and chop the leaves into dust.