

Barley Pilaf

¼ cup minced onions
4 tablespoons butter
1½ cups pearl barley
3 cups chicken or beef stock

Salt and pepper
1 bay leaf
3 parsley sprigs
6 thyme sprigs

Preheat the oven to 375 degrees.

In a Dutch oven over a burner, cook the onions in the butter until tender but not browned.

Bring the beef or chicken stock to a boil in another pan.

Add the barley into the onion mixture, and cook over medium heat for several minutes, stirring constantly, until the barley is well coated but not browned.

Pour the boiling stock into the barley. Add salt and pepper to taste. Stir in the herbs. Bring the mixture back to a simmer.

Cover the casserole and place in the the oven for about 18-22 minutes. Uncover and check to see that all the liquid has been absorbed and the barley is tender. If not, recover and return to the oven for a few more minutes.

Remove the herbs with a fork and discard. Fluff the barley with the fork, and serve.