

Home

Our Products

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Recipes About Us Contact Us



Barley and Lentil Stew

A hearty winter vegetarian stew than can accompany a meat dish, or be eaten on its own.

Serves : 4

Preparation Time: 30 minutes Cooking Time : 20 minutes

Ingredients

Herbs & Spices

1 tsp Peppercorns Black

1 tsp Allspice Whole

2 Bay Leaves

1 carrot

1 onion

2 cloves of garlic

2oz / 50g butter

4 oz / 110 g barley

2.5 litres vegetable stock

4 oz / 100g Puy lentils

bunch of fresh parsley, finely chopped.

salt and pepper seasoning

Cooking Instructions

Finely dice the vegetables. In a heavy based pan, melt the butter, stir in the veg and fry gently until soft. Add the barley, spices and bay leaves, pour in the stock and bring to a simmer. Cook gently for 30 minutes.

Rinse the lentils, then add them to the pot. Cook for a further 20 minutes. Season to taste, then stir in the parsley before serving.

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