

Spezialitads dal Grischun



GRISONS BARLEY SOUP

The food of our homeland – even tastier with added minipic

Ingredients

Serves 4

80g pearl barley
1 tbsp. butter
300g colourful carrots, peeled, sliced
1.2–1.5 l water
1 onion, with 1 bay leaf attached, pierced through by 2cloves
1 calf's foot
6-8 minipics, sliced
A little stock as seasoning
Pepper, freshly ground
2 handfuls of spinach or chard
4 tbsp. cream
1/2 bunch of chives, chopped

plus cream, simmer briefly. Sprinkle with chives and serve.

- Serve with wholegrain bread.

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Zubereitung

- Lightly sauté barley in butter. Add carrots and cook. Cover with water and bring to boil. Add onion, calf's foot and minipics. Cover and simmer on low heat for 90 minutes, stirring occasionally.
- Season the barley soup with stock and pepper according to taste.
- Shortly before serving, add spinach or chard,