

# MUSHROOM BARLEY & OAT POTTAGE - JANUARY 2020 RECIPE

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**Recipe by Karen McMaster of the Whaligoe Steps Café & Restaurant, KW2 6AA :: 01955 651702**

*Makes a light lunch for 4.*

*Preparation time 20 minutes, Cooking time 20 minutes.*

Considering how popular salted porridge is in Scotland as a breakfast dish, it's always surprised me that it's not used more in a savoury context. This a versatile and quick lunch or supper.



## **Ingredients:**

- 100g rolled porridge oats
- 150g pearl barley, rinsed
- 1 litre vegetable stock
- 15g dried porcini mushrooms
- 2 tbsp coconut oil (or olive oil if preferred)
- 1 large leek, finely sliced
- 2 cloves of garlic, finely sliced
- 1 large carrot, finely diced or chopped
- 2 celery stalks, finely sliced
- 400g chopped mixed mushrooms of your choice
- 200g frozen endame (soya) beans (or peas if endame are not available)
- 100g hazel nuts, roughly chopped & toasted
- 30g pack of flat leaf parsley, finely chopped

## **Optional extra's to serve:**

- 2 x baby gem lettuces
- Crunchy winter salad – suggested as beansprouts, onion, tomato, unripe strawberries, radish
- Sweet cure dressing – 50ml cider vinegar, 25ml water, 50g caster sugar – whisked together until sugar dissolves into the mixture.

### **method - preparation:**

- 1) Take your rinsed pearl barley, and place it in a small pan, covering with your vegetable stock.
- 2) Leave the pearl barley to simmer gently for 15 minutes, then turn off the heat and leave the barley in the pan.
- 3) Meanwhile, place the dried porcini mushrooms in a heatproof bowl, and cover with boiling water.
- 4) Leave the dried mushrooms to soak in their hot water for a minimum of 15 minutes.
- 5) Chop your vegetables as directed and blanch the endame beans just long enough to defrost them, but not enough to cook them.
- 6) Strain the soaked mushrooms into another bowl and remove the large pieces of soaked mushroom from your strainer – chop finely and discard any grit that has been captured by your sieve.
- 7) Place the rolled oats into the bowl of mushroom soaking water and stir.
- 8) Leave the oats to soak until ready to use.
- 9) Prepare your hazel nuts & parsley and set aside.

### **method - cooking:**

- 1) Using a deep sauté pan, heat the coconut or olive oil, and gently fry the sliced leek until it is soft, but not coloured.
- 2) Add the garlic, chopped carrot and sliced celery to your pan, and cook gently until the mixture is fragrant (about 3-4 minutes).
- 3) Add your pearl barley to the mixture, together with the stock you have part-cooked it in.
- 4) Cook gently, and add your soaked dried mushrooms, and sliced fresh mushrooms to the pan.
- 5) Cook the mushrooms and barley for approx. 3-4 minutes until they are almost done.
- 6) Now add the soaked oats and any liquid that might remain (although it has probably all been soaked up by the oats). Continue to cook gently for another 5 minutes, stirring continuously.
- 7) If the mixture is too dry, you may add some boiling water – just enough to loosen the mixture.
- 8) Add the defrosted endame beans and stir through to bring them up to heat.
- 9) Add 2/3 of the chopped parsley and stir through the dish.
- 10) Season with salt & pepper to taste.
- 11) Garnish with the remaining parsley and top with the toasted chopped hazelnuts.
- 12) Serve in bowls as a starter, or with a crunchy green salad for a complete light meal.

### **method – preparing optional garnishes:**

- 1) Thinly slice the strawberries, radishes, tomatoes & onion and add them to a bowl containing your beansprouts.
- 2) Pour over your sweet cure dressing, and season with salt & pepper – toss well, and place into your serving dish.
- 3) Quarter the little gem lettuces lengthwise, drizzle with a little olive oil, and season with salt.
- 4) Bring a griddle pan up to a moderate heat, and lay your lettuces cut sides down on the hot pan. Cook until the side in contact with the pan is slightly scorched, then place the other cut side onto the pan, and repeat. When the two cut surfaces are both lightly scorched, remove them from the pan, place them on your serving plate (cut sides up) and season with a little ground pepper.