

JUGOSLAVIAN BARLEY SOUP

Ingredients for 4 people

3 hg of barley
6 hg of veal meat
bay
1 leek
1 onion
parsley
2 cloves of garlic
2 handfuls of dried beans
1 spine of celery
2 carrots
a piece of cabbage
savoy
4 medium potatoes
salt and pepper

Preparation

Put the meat with 2 litres of water in a large pan, with potatoes, bay, barley, beans and make them cook for an hour.

Add the cut vegetables, parsley and garlic. Make this cook for other 30-40 minutes as you want the soup: less or more thick and cooked.

I personally prefer it with the meat that almost melts and with well-cooked beans.

Eliminate the hard vegetables and the bay's leaves. Add salt and pepper, better if it is grinded at the moment in big grains. Eventually fix the density with a little bit of soup (but you should not need it).

Serve it warm, not hot with olive oil.

Indications

Good for hypocaloric diets as an only course meal. Good also to freeze it for a quick use in the microwave.

Wine

I would link together a glass of full-bodied red wine: a Bonarda dell'Oltrepo Pavese would be perfect.