

Beef Barley Bake

(serves 6)

Ingredients:

2 oz. dried mushrooms
2 oz. fresh mushrooms
1½ cups warm water
2 lbs. sirloin – cut into 1” cubes
1 cup chopped onion
2 Tbsp. olive oil
1½ tsp. salt
½ tsp. black pepper
2 cups beef broth
¼ cup lemon juice
¾ cup pearl barley
⅓ cup chopped parsley

Preparation:

Cover mushrooms with water, let stand 30 min., then slice & save water. Brown meat in olive oil, then add fresh & rehydrated mushrooms. Cook 3 minutes. Add salt & pepper and place mix in Dutch Oven. Add mushroom water, broth & lemon juice to skillet & bring to a boil. Stir in barley & parsley and then pour over meat mix in Dutch Oven Bake at 350°: 17/8 (top/bottom) briquettes for 1 hour. Stir, adding water &/or broth as needed & bake another 20 minutes or more

Equipment:

Cast Iron Skillet with Oven Mitt
Dutch Oven with Tool
Paring Knife
Cutting Board
Mixing Bowl
Spatula
Large Mixing/Serving Spoon
Measuring Cup
Measuring Spoons