



VEGETABLE BARLEY SOUP

Makes 8 servings.

This thick winter soup warms the heart. The barley, napa cabbage and miso give it a distinct flavor.

INGREDIENTS

- 4 leeks
- 4 garlic cloves
- 2 carrots
- 8 shiitake mushrooms
- Napa cabbage, about 1½ pounds
- 1/3 cup extra-virgin olive oil
- ½ cup medium pearl barley
- 7 cups vegetable broth
- 2 tablespoons white miso paste
- 1 cup tightly packed flat leaf parsley, coarsely chopped
- 10 ounces shelled frozen edamame, thawed
- Kosher salt
- Freshly ground black pepper

PREPARATION

1. Cut off and discard the roots and tough green leaves of the leeks. Cut the white part and light green part into thin slices. Place in a sieve and rinse thoroughly under cold running water to

remove all the sand.

2. Peel and chop garlic coarsely. Peel the carrots and slice thinly. Wipe mushroom caps, discard the stems and slice thinly.
3. Discard outer Napa cabbage leaves and cut the rest thinly.
4. Heat the oil in a large saucepan. Add the leeks and garlic and sauté for a few minutes. Add the carrots, mushrooms and cabbage and sauté for a few minutes more. Add the barley, broth and miso.
5. Bring to a boil over high heat. Lower the heat, cover and cook for 30 minutes. Add the parsley and edamame and continue cooking for another 10 minutes.
6. Season to taste with salt and pepper.