

Pearl Barley and Beans Salad

Beans and barley in a tangy dressing make a bright summer salad.

This is an **English**¹ dish.

The quantities make 6 to 8 serving portions.

Ingredients

- 150 g pearl barley (dry)
- 2 fat cloves of garlic
- lots fresh coriander and parsley
- 1
- 100 g cheese (optional)
- lettuce leaves (Optional)
- 400 g can Suma **FAIRTRADE** aduki beans
- 15 ml Zaytoun **FAIRTRADE** olive oil

- to taste **FAIRTRADE** freshly ground black pepper

Grate the cheese if used.

Wash the lettuce if used.

Rinse the beans in cold water.

Assembly

Using the back of a spoon in a shallow bowl combine the herbs, oil, garlic, lemon juice, lemon zest, salt and pepper into a runny paste.

In a mixing bowl combine the beans and barley and turn gently. Add the dressing (and grated cheese if used). Turn gently to ensure all the beans and barley are dressed.

If "presenting", lay the lettuce on the serving dish and spread out the beans mixture.

Decorate with a twist of coriander.

Method

Cooking

Put 400 ml of water in a pan and bring to the boil, add the barley, bring back to the boil, cover and simmer gently covered for 25 minutes.

Check that the barley is cooked by nibbling a grain, if it is gritty it needs a bit longer.

Once cooked, rinse under cold water.

Preparation

Skin and crush the garlic.

Wash and chop the herbs.

Zest and juice the lemon.

To serve

Chill for 30 minutes or more before serving.

Serve with other salads such as a tomato salad, and with crusty **brown bread**²

Variations

Aduki beans are best at matching the barley in size and providing colour contrast. Dried beans (200gm dry weight approx.) can be used in place of tinned beans by soaking them overnight and **cooking in the usual way**³. This normally produces a better result than tinned beans.

Omit the cheese and you have a vegan dish.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²http://www.fairtradecookbook.org.uk/recipes/brown_bread.htm

³http://www.fairtradecookbook.org.uk/recipes/aduki_beans.htm