

Herby Barley Salad with Butter Mushrooms



Ingredients

- 1 cup hulled, hull-less, or pearl barley
- Kosher salt
- 2 shallots, thinly sliced into rings
- ⅓ cup vegetable oil
- 2 tablespoons olive oil
- 8 ounces mushrooms (such as maitake, chanterelle, and/or oyster), torn or cut into large pieces
- Freshly ground black pepper
- 2 sprigs thyme
- 1 garlic clove, crushed
- 3 tablespoons unsalted butter
- 1 cup chopped fresh cilantro
- 1 cup chopped fresh parsley
- 2 tablespoons fresh lemon juice
- 1½ ounces Parmesan, shaved, plus more for serving

Info

- **Prep:** -
- **Cook:** -
- **Serves:** 6-8
- [Source](#)

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Directions

1. Cook barley in a medium pot of boiling salted water until tender, 50-60 minutes for hulled or hull-less, 20-30 minutes for pearl. Drain; spread out on a baking sheet and let cool.
2. Meanwhile, cook shallots in vegetable oil in a small saucepan over medium-high heat, swirling pan occasionally to keep shallots from burning, until golden brown, 5-7 minutes. Using a slotted

spoon, transfer shallots to paper towels to drain; season with salt. Let cool. Set shallot cooking oil aside.

3. Heat olive oil in a large skillet over medium-high until just beginning to smoke. Arrange mushrooms in skillet in a single layer and cook, undisturbed, until undersides are golden brown, about 3 minutes. Season mushrooms with salt and pepper, toss, and continue to cook, tossing often and reducing heat as needed to avoid scorching, until golden brown all over, about 5 minutes longer.
4. Reduce heat to medium and add thyme sprigs, garlic, and butter to skillet. Tip skillet toward you so butter pools at edge and use a spoon to baste mushrooms with foaming butter; cook until butter smells nutty. Using a slotted spoon, transfer mushrooms to a small bowl, leaving thyme and garlic behind.
5. Toss cooled barley, cilantro, parsley, lemon juice, 1½ oz. Parmesan, and 2 Tbsp. reserved shallot oil in a large bowl to combine; season with salt and pepper. Add mushrooms; toss again to combine.
6. Just before serving, top with fried shallots and more shaved Parmesan.

[barley](#), [shallots](#), [mushrooms](#), [chanterelles](#), [oyster mushrooms](#), [parmesan](#)

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