CANADIAN

Beef and Barley Soup

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**8**	**25 min**	**2 hr**	**Simmer**	**Blade & cross rib roast**

Ingredients

- 700 g (1½ lb) blade or cross rib roast, cut into 2 cm (¾ in) cubes
- 1 tsp salt, plus more to taste
- ½ tsp black pepper
- 2 tbsp vegetable oil
- 1 large onion, diced
- 3 carrots, diced
- 3 celery stalks, diced
- 250 g (9 oz) mushrooms, sliced
- 3 cloves garlic, minced
- 2 tbsp tomato paste
- 2 litres (8 cups) beef stock
- 500 ml (2 cups) water
- 2 bay leaves
- 1 tsp dried thyme
- 1 tbsp Worcestershire sauce
- 150 g (¾ cup) pearl barley, rinsed
- 1 medium turnip or parsnip, diced
- Chopped parsley, to serve

Steps

1. Season the beef with salt and pepper. Heat 1 tbsp oil in a large heavy pot over medium-high heat and sear the beef in two batches until browned, about 4 minutes per batch. Set aside.
2. Add the remaining oil with the onion, carrots and celery. Cook over medium heat for 6 minutes until the onion softens. Add the mushrooms and cook for 5 more minutes until they release their liquid and brown.
3. Stir in the garlic and tomato paste for 1 minute.
4. Return the beef and add the stock, water, bay leaves, thyme and Worcestershire. Bring to a boil, then lower the heat until the surface barely bubbles.
5. Cover partly and simmer for 1 hour, until the beef is nearly tender.
6. Stir in the barley and turnip and simmer for 40 to 45 minutes more, until the barley is soft and plump and the beef is tender. Add a splash of water if it thickens too much.
7. Remove the bay leaves, taste for salt and pepper, and scatter with parsley.

Notes

- **Make ahead:** the barley keeps absorbing broth, so thin the soup with water or stock when reheating.
- **Freezer:** freezes well for up to 3 months. Cool within 2 hours, thaw overnight in the fridge and reheat until steaming hot, 74°C (165°F).
- **Serving:** with buttered bread or biscuits.
- **Slow cooker:** sear the beef and soften the vegetables, then cook on low 8 hr or high 4–5 hr, adding the barley for the last 2 hr on low (1 hr on high).

- **Chef's touch:** stir in a splash of red wine vinegar or lemon juice with the parsley; acid brightens a long-cooked broth.
- **Twist:** soak a handful of dried porcini in hot water and add them, with their strained liquid, for a deeper mushroom-barley soup.