JEWISH (ASHKENAZI)

# Flanken and Barley Soup

| COMPLEXITY | SERVES | PREP | COOK | TECHNIQUE | CUT |
|---|---|---|---|---|---|
| Involved | 6 | 20 min | 2 hr 15 min | Simmer | Korean ribs |

## Ingredients

- 1.2 kg (2⅔ lb) Korean ribs, cut 2 cm (¾ in) thick; ask for the thicker cut
- 1 tbsp neutral oil
- 2 onions, chopped
- 3 carrots, sliced
- 2 stalks celery, sliced
- 1 parsnip, diced
- 2 cloves garlic, minced
- 2 litres (8 cups) beef or chicken stock, or water
- 2 bay leaves
- 150 g (¾ cup) pearl barley, rinsed
- 1½ tsp salt, plus more to taste
- ½ tsp black pepper
- 3 tbsp chopped dill
- 2 tbsp chopped parsley
- Prepared horseradish, to serve

## Steps

1. Pat the ribs dry and season with salt. Heat the oil in a large pot over medium-high heat and brown the ribs in batches, 2 to 3 minutes per side, until deeply coloured. Set them aside.
2. Lower the heat to medium, add the onions, carrots, celery and parsnip and cook for 8 minutes, stirring, until the onions are soft and golden. Add the garlic for the last minute.
3. Return the ribs to the pot with the stock and bay leaves. Bring to a boil, then lower to a bare simmer and skim the foam that rises in the first 10 minutes.
4. Cover partly and simmer gently for 1 hour 15 minutes, until the meat is starting to come away from the bones.
5. Stir in the barley, salt and pepper. Simmer 45 minutes more, until the barley is tender and the meat slips from the bones. Add hot water if the soup gets thick.
6. Lift out the ribs, pull the meat from the bones in chunks, discard the bones and gristle, and return the meat to the pot.
7. Skim the fat from the surface, stir in the dill and parsley and season to taste. Serve hot with a spoonful of horseradish on the side.

## Notes

- **Make ahead:** the soup is better the next day; the barley will soak up broth, so loosen it with water when reheating.
- **Skimming fat:** chill the soup overnight and lift the solid fat off the top for the cleanest result.
- **Other cuts:** braising ribs or shank work well; give them 30 minutes longer before adding the barley.
- **Pair with:** rye bread and a sour pickle.