

BARLEY SALAD



Chef: Leonardo Pellacani

Method

For 6 persons.

In a pot of boiling salted water cook the barley, when ready drain in it and let it to cool down. In the meantime julienne the zucchini, salt them and put them in a colander to remove the water. Dice the sweet and sour peppers. In a bowl mix the cooled barley with the zucchini, the diced pepper, the corn, the Dorati tomatoes and the drained shrimps. Season with a pinch of salt, extra virgin olive oil and chopped parsley. Put the barley salad into the middle of the plates and complete with a sprig of curly parsley and a drizzle of extra virgin olive oil.

Menù Ingredients

150 g Èmazzancolle - MJ1
240 g Falde di peperoni in agrodolce - Sweet and Sour Peppers - VA1X
500 g Orzo perlato - Pearled Barley - RNO
60 g Dorati - TN1
90 g Mais dolce in grani - Whole Kernel Sweet Corn - U40
q.s. Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5

Ingredients

q.s. Salt
q.s. Parsley
q.s Curly parsley
40 g Zucchini