SPHERE OF BARLEY



Menù Ingredients

120 g Gamberetti liofilizzati - Freeze-dried prawns - MS9
300 g Orzo perlato - Pearled Barley - RN0
60 g Preparato in polvere allo zafferano - Saffron Powder Mix - B90
q.s. Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5

Ingredients

q.s. For the decoration: chives, radish sprouts, basil, artichoke leaves
300 g Fresh cream
420 g Cream cheese
q.s. Mixed seeds (sunflower-sesame-flax-poppy)

Chef: Barbara Benvenuti

Method

Serve 6
Cook the barley in a pot of boiling salted water for about 10/15 minutes. Meanwhile, in a pan, dissolve the saffron powder with the fresh cream and set aside. Drain the barley and let it to cool down. In a bowl mix the cream cheese with the shrimp previously rehydrated in water, and some chopped chives. Form a sphere that will be covered with the barley and seeds. On a plate place the sphere obtained on top of the saffron sauce, a drizzle of extra virgin olive oil and garnish with chives, a sprig of basil, radish sprouts and a few artichoke leaves.

Chef's tips:
For a "vegetarian" dish, replace the shrimp with pitted nostraline olives.

Gluten Free Method

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