

BARLEY SALAD



Menù Ingredients

150 g Èmazzancolle - MJ1
240 g Falde di peperoni in agrodolce - Sweet and Sour Peppers - VA1X
500 g Orzo perlato - Pearled Barley - RN0
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

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 zucchine , 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.