

GUASTELLO'S VILLAGE MARKET

Luxurious Beef Barley Soup

Serves 3 to 4

Ingredients

1 Tbsp. olive oil
1/2 lb. steak or lean beef, cut in bite sized pieces
salt and fresh cracked pepper
2 tsp flour
1 shallot, diced
1/2 medium onion, diced
2 or 3 inner stalks of celery, sliced, leaves and all
1/2 cup barley
1/4 cup dry Sherry
1 26 oz. box good quality beef stock
2 bay leaves
2 carrots, peeled and diced
1 more inner stalk of celery, sliced
1 Tbsp. Worcestershire sauce

DIRECTIONS:

Heat the oil in a heavy bottomed soup pot. Season the beef with salt and pepper, then toss with the flour.

Brown the beef on all sides over medium high heat and then set aside on a plate.

Add the shallot, onion and celery to the pan and sauté for a minute. Add a touch more oil if the pan is dry. Add in the barley and toast the barley for another minute, stirring constantly.

Add in the Sherry and let it sizzle down, then add the beef stock and bay leaves. Bring up to a boil, then turn down the heat, cover, and let simmer until the barley is tender, about 35-40 minutes.

Add the meat and any juices back into the pot, along with the carrots and last bit of celery. Add the Worcestershire sauce, and more salt and pepper to taste. Continue to simmer until the carrots soften but don't get mushy. Remove the bay leaves, and taste to adjust the seasonings.

If you refrigerate the soup before serving, it will thicken a bit. You can thin it down with extra water or broth as you reheat.

Credit: theviewfromgreatisland.com