

Barley Soup

Soup classic from Vorarlberg

The Vorarlberg barley soup is a real regional classic and is particularly popular in winter and during Lent. Numerous variations of this traditional dish can be found in Vorarlberg, with each recipe being unique and varying slightly depending on the cook. Some prefer to add plenty of vegetables, while others prefer to add a little more bacon or smoked meat. This variety makes barley soup a real treat - it can be found regularly on menus and guarantees a new taste experience every time!

Recipe tip from Melanie Fleisch

Ingredients:

- 100 g rolled barley
- 75 g carrots
- 50 g cellyery root
- 50 g potatoes
- 1 onion
- 150 g smoked meat
- 1.5 l water
- 175 g red & white beans (pre-cooked)
- fresh parsley or chives
- salt, pepper, bay leaf, grated nutmeg, soup spice



Preparation:

- Soak the rolled barley in cold water for one to two hours and then rinse well.
- Briefly pre-cook the barley and then drain the cooking water.
- Cut the onion, carrots, cellyery and potatoes into small cubes.
- Briefly sauté the onion and finely diced vegetables, add the half-cooked barley and finely diced smoked meat and pour in the water.
- Season the soup and leave to simmer.
- Add the pre-cooked beans just before the end.
- Garnish with freshly chopped parsley or chives before serving.