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# Barley Pilaf

*Pleasures of Cooking*  
Barrie Cohen

Servings: 10



**3 Cups Chicken Broth**  
**1 Cup Quick Cooking Pearl Barley**  
**3 Tablespoons Olive Oil**  
**5 Ounces Vermicelli, 1/2 Pieces**  
**1/2 Cup Fresh Parsley**  
**1 Medium Onion, Peeled and Quartered**  
**1/2 Stick Unsalted Butter**  
**1/4 Medium Red Pepper, Seeded and Diced**  
**6 Large Basil Leaves, Julienned**  
**Salt**  
**Black Pepper**

1. Bring the chicken broth to a boil in a saucepan and stir in the barley. Return to boil, then reduce the heat. Cover and simmer, stirring occasionally, until the barley is tender, about 12 minutes. Drain, reserving the barley and the broth separately.
2. Heat the oil in a large skillet over moderate heat. Add the vermicelli and cook, stirring, until it is well browned, about 3 minutes.
3. Add enough water to the reserved broth to make a total of 4 cups. Bring to a boil in a large saucepan, add the vermicelli, and cook until tender, about 8 minutes. Drain, discarding the broth.

Melt the butter in a skillet and cook the onion over medium-low heat, stirring until soft, but not brown, about 5 minutes. Add the barley and vermicelli and cook, stirring, until heated through. Stir in the parsley, red pepper, and basil; season to taste.

**Barley, Pleasures of Cooking, Sidedish**

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*Per Serving (excluding unknown items): 144 Calories; 9g Fat (56.8% calories from fat); 3g Protein; 13g Carbohydrate; trace Dietary Fiber; 12mg Cholesterol; 232mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat.*