



Mushroom stew



What will you need:

100g pearl barley

200g mushrooms

1x leek

25g butter

2x cloves of garlic

500ml water

1/2 stock cube

Measuring scales

Measuring jug

Knife

Saucepan

Wooden spoon for stirring

Grater or fork



Method:

- 1 Slice up all the mushrooms.
- 2 Grate the two cloves of garlic. You can also use the back of a fork to mash them up!
- 3 Slice up the leek into thin rings and add them to the saucepan with the garlic and butter.
- 4 Occasionally stir them around and after 5 minutes add the mushrooms.
- 5 Add the water, stock cube and pearl barley. Let the water boil and then turn down the heat.
- 6 Simmer for around 30 minutes, until the barley has soaked up the water.
- 7 You can enjoy the stew with your oatcakes!

