Lentil and Feta Barley Pilaf

2 bowls, each with half the barley-lentil pilaf and feta · Active 35 min · Total 1 hr 40 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- 1/2 cup dry pearl barley (100 g)
- 1 1/2 cups water (360 ml), plus boiling water as needed
- About 1 1/4 cups fully cooked unsalted whole lentils, drained (250 g)
- 2 medium carrots, finely diced (150 g prepared)
- 1 small onion, finely diced (80 g)
- 2 teaspoons olive oil (10 ml/about 9 g)
- 1/2 cup crumbled feta (80 g)
- 3 tablespoons chopped parsley (10 g)
- 1 tablespoon lemon juice (15 ml/about 15 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/8 teaspoon black pepper (0.3 g)

Set out

3-liter/3-quart saucepan with tight lid, Fine sieve, Broad spoon, Knife and board, Kitchen scale, Measuring jug, Kettle for boiling-water adjustment, Food thermometer, 2 bowls

Allergens

Barley (gluten), Milk. Check labels and substitutions.

Make it

1. Rinse barley in the fine sieve. Heat oil in the saucepan over medium heat. Cook onion and carrot for 8–10 minutes until softening, then stir in the barley for 1 minute.

2. Add measured water, salt and pepper. Bring to a boil, cover and simmer on low for 35–45 minutes, or the barley packet time, until tender with no hard center. Stir once or twice and add small splashes of boiling water if dry before tender.

3. Fold in cooked drained lentils, cover and heat gently for 5–7 minutes until the mixture reaches 165°F/74°C throughout. Stand covered off the heat for 5 minutes.

4. Fold in lemon juice, parsley and the measured feta gently. Divide all contents between 2 bowls and serve promptly.

A useful kitchen skill

Taste a pearl-barley grain for its cooked center and distinguish a dry grain weight from a heavier water-absorbed cooked portion.

A useful detail

The 100-minute total allows ordinary pearl barley’s full cooking, beginner knife work and warming precooked lentils. Some barley products take longer; follow the packet and tenderness. Lentil cooking itself is outside the stated time.

Keep it well

Refrigerate promptly in shallow containers at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Use within 3 days or the original lentils’ remaining safe window, whichever is shorter. Reheat the portion needed with a spoonful of water to 165°F/74°C throughout. Freeze for up to 2 months and thaw in the refrigerator; cheese texture may soften.