Barley, Mushroom and Green Pea Skillet

4 skillet portions of barley, mushrooms and peas · Active 25 min · Total 1 hr

Skills: Easy

Ingredients

- 1 1/4 cups dry pearl barley (250 g)
- 1 tablespoon neutral oil (15 ml), divided
- 1 lb ordinary button or cremini mushrooms, thickly sliced (450 g)
- 1 large onion, finely diced (150 g)
- 2 cups frozen peas (280 g)
- 2 tablespoons butter (28 g)
- 1/2 teaspoon fine salt (3 g)
- 1/2 teaspoon ground black pepper (1 g)
- 1/2 cup reserved barley cooking water (120 ml)

Set out

Medium saucepan, Colander, 12-inch/30 cm heavy skillet, Wide spoon

Allergens

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

Make it

1. Put barley in a saucepan with plenty of water, bring to a boil and simmer for 30–40 minutes or according to the package until tender with a slight chew. Reserve 1/2 cup/120 ml cooking water, then drain.

2. While barley cooks, heat half the oil in the skillet over medium-high heat. Cook half the mushrooms for 5–6 minutes until their liquid evaporates and edges brown. Transfer to a bowl. Repeat with remaining oil and mushrooms.

3. Return all mushrooms to the skillet. Add onion, lower heat to medium and cook for 6–7 minutes until softened. Stir in frozen peas and the reserved barley water; cover loosely and cook for 4–5 minutes, or the longer pea package time.

4. Fold in drained barley, butter, salt and pepper. Stir over medium heat for 2–3 minutes until steaming and loose, then divide into four portions.

Buy the mushrooms you will cook

Button mushrooms work well; a mixed premium mushroom pack is unnecessary. Thick slices show their browned edges and do not disappear among the barley. Keep mushrooms dry and refrigerated until preparation, and use the whole weighed portion rather than buying several varieties for visual variety alone.

A useful detail

Use pearl barley for the stated timing. Hulled barley takes longer and is not an equal-time replacement, even though it may look similar in the bag.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat with a little water to 165°F/74°C throughout. Freeze portions for up to 2 months and thaw in the refrigerator. Carry chilled portions with two cold sources. If making the brown-rice variation, cool and refrigerate as quickly as possible, ideally within 1 hour; eat within 24 hours of the original rice cooking and reheat only once.