

# Brisket Barley Soup - A Flexible Recipe

*Leftover Passover Brisket Can Be Made Into Major Dish - With A Variety Of Braised Vegetables*

By Katie Workman

If you are hosting Passover, you may well be making a brisket. And if you are making brisket, you may well have leftovers. Passover begins on Friday, March 30 and ends in the evening of Saturday, April 7.

(And if you don't end up with leftovers, make a note next year to buy a bigger brisket.)

You can, of course, just heat up those leftover slices and have yourself another small, lovely brisket dinner, or perhaps make a thick and probably messy sandwich.

Good choices, both. But if you want to stretch those tender pieces of meat into a different dish to serve a bigger group, then soup is the way to go.

This is a flexible recipe, so feel free to play around with the proportions and ingredients. This assumes you're starting with a

fairly traditional brisket recipe, saucy and punctuated with some braised vegetables, like carrots and onions. But the basic template will work with all kinds of brisket.

If you want to add some chopped celery or peppers when you are sauteing the carrots and onions, go right ahead. The amount of barley may seem small, but it expands as it cooks into a large amount of toasty, chewy grain, and bulks up the soup nicely. Other grains like spelt or farro would also be very good.

If you don't have enough sauce from the brisket, add up to 2 cups of extra beef broth or maybe add a cup of tomato sauce, and even a splash of red wine if you've got a bottle open (I almost always have a bottle open).

And then, voila! Two cups of leftover brisket have magically transformed themselves into a



Pic: (Todd Coleman via AP)

soup that will feed 4 or more.

Leftover Brisket Barley Soup  
 Servings: 4 to 6  
 Start to finish: 1 hour  
 1 tablespoon olive oil  
 1/2 cup chopped onion  
 1/2 cup chopped carrots  
 1/2 cup pearl barley

2 cups beef broth  
 2 cups chopped leftover brisket, plus any chopped cooked vegetables from the brisket  
 2 cups sauce from cooking the brisket (or 1 cup sauce and 1 extra cup beef broth)  
 Chopped fresh parsley, for garnish (optional)  
 Heat the olive oil over medi-

um-high heat in a large saucepan, and saute the onion and carrots for 3 minutes, until slightly softened. Add the barley and saute for 2 more minutes until the barley is nicely coated with the oil and toasty looking.

Add 2 cups beef broth, 2 cups of the brisket sauce (or 1 cup sauce and 1 additional cup beef broth) and two cups of water. Partially cover and bring to a simmer, then reduce the heat to medium low and simmer for 30 to 35 minutes, until the barley is pretty tender.

Turn the heat to high, add the chopped brisket and any chopped cooked carrots or other vegetables that were swimming around in the sauce, and bring to a simmer, uncovered.

Return the heat to medium low and let it bubble gently away for 10 more minutes. If you want, add some fresh chopped parsley. Now you have soup. - CP

## Spice Up Your Weekdays With Hearty Tacos



This hearty taco recipe features sweet potatoes, navy beans, corn and a spicy chipotle crème for a vibrant, healthy dinner from Ontario Bean Growers.

### Bean and Sweet Potato Tacos

Prep time: 15 minutes Cook time: 20-25 minutes

Yield: 10-12 tacos

Ingredients:

- 1 large sweet potato, diced, about 1/2" cubes
- 1/2 cup (125 mL) water, divided
- 1 clove garlic, minced
- 1 can (540 mL) navy beans, drained and rinsed
- 1/2 cup (125 mL) corn, canned or frozen and defrosted
- 1 tsp (5 mL) paprika
- 1/2 tsp (2 mL) cumin
- 1/2 tsp (2 mL) chili powder
- 2 limes
- 1 avocado, diced
- 12 corn tortillas
- 1/4 cup (60 mL) fresh cilantro, chopped

- 1/2 cup (125 mL) plain Greek yogurt
- 1/4 tsp (1 mL) chipotle chili powder
- Juice from half a lime
- 1/8 tsp (0.5 mL) chipotle chili pepper (optional)

Directions:

1. In a large non-stick skillet over medium heat, add diced sweet potatoes and 1/4 cup water. Cook until tender, about 10 to 15 minutes. Add garlic and navy beans, cook 2 to 3 minutes until garlic is fragrant and beans are heated through. Add corn, paprika, cumin, chill powders and remaining water. Cook until water has evaporated, about 3 to 5 minutes.

2. To make the sauce, add yogurt, chipotle powder (more if you would like it spicier) and lime juice to a small bowl; stir until combined.

3. Serve sweet potato and bean filling on tortillas topped with avocado, chipotle sauce and cilantro.

Find more recipes online at ontario-beans.on.ca. - NC

## Two Useful Cooking Tips

- For those of you who love to deep fry some of the foods, the ideal way is to hold each piece of food (like a samosa or chicken leg) with long tongs as you add it to the oil. Hold it just below the oil's surface for five seconds before releasing

it. This will seal the exterior and stop it from sticking to the pot or the other food.

- When seasoning vegetables, meat or fish, sprinkle salt/pepper as if it's gently snowing. This will avoid clumping or ending up with extra salt in one area.

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## Salmon Teriyaki

### Ingredients

- Fresh Salmon 180 gm
- Sake 50 ml
- Kikkoman soya 50 ml
- Mirin 50 ml
- Breakfast sugar 50 ml
- Salt 5 gm
- Teriyaki sauce 80 ml

### Method

Combine Sake, Kikkoman soya, Mirin and breakfast sugar container. Dip fresh salmon in the container for 10 minutes. Grill temperature should be 150 degrees. Take out the salmon from container and grill it on both sides for 8 to 12 minutes. Remove the salmon from grill and pour Teriyaki sauce on top. Serve hot with steamed rice or vegetables.



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