

Barley Pilaf

Yield: 4 servings

Serving size: 1/2 cup

Ingredients

1 tablespoon	Canola oil
1 each	Yellow onion, small, dice
2 each	Celery ribs, diced
1 cup	Barley, quick cooking
2 cups	Vegetable broth, unsalted (or water)
2 each	Bay leaves
¼ teaspoon	Kosher salt
¼ cup	Italian flat leaf parsley, chopped

Method

1. Heat oil in a large pan over medium high heat until hot and shimmery.
2. Add the onion, celery, and cook until they begin to soften, about 4 minutes.
3. Add the barley to the skillet with the vegetables and stir well making sure to coat it all over the oil. Add the vegetable stock or water, salt and bay leaf, and bring to a boil. Reduce heat to a simmer, cover, and cook for 10-12 minutes or until water is absorbed.
4. Remove the barley from heat and let it stand for 5 minutes. Discard the bay leaf, mix in the fresh parsley, and serve.

Barley Pilaf, cont.

Helpful Tips

- Use whatever broth you have available. If using salted broth, reduce the added salt in the recipe.
- You can substitute fresh vegetables with frozen
- Store in air-tight containers in the refrigerator (up to a week) or freezer (up to 2-3 months), and reheat in the microwave.

Equipment

- Large Pan with Lid
- Measuring Spoons
- Measuring Cups
- Chef's Knife
- Cutting Board
- Wooden Spoon or Rubber
- Spatula



Scan this QR code to watch
a video on the pilaf method

SESSION 2 Recipes

Greek Style Baked White Fish with Vegetables

Yield: 4 servings

Ingredients

1 each	Orange bell pepper, sliced
1 each	Red onion, sliced
1 each	Zucchini, half moon
2 cups	Cherry tomatoes
1 each	Lemon, sliced
2 each	Garlic cloves, minced
¼ cup	Canola oil
1 ½ tablespoons	Red wine vinegar
2 teaspoons	Dried oregano
1 teaspoon	Paprika
½ teaspoon	Salt
¼ teaspoon	Black pepper
4 each	White fish fillets, skinless
¼ cup	Green olives, sliced
¼ cup	Feta, crumbled

Equipment

- Baking Sheet
- Small Mixing Bowl
- Pastry Brush
- Measuring Spoons
- Measuring Cups
- Chef's Knife
- Cutting Board
- Cutting Board (separate for raw fish)
- Wooden Spoon or Rubber Spatula

Prep before class

- Gather equipment & ingredients
- Wash vegetables



Scan this QR code to watch a
video on sautéing vegetables

Greek Style Baked White Fish with Vegetables, cont.

Method

1. Preheat the oven to 400°F.
2. On a large baking sheet, add the fish and top with bell pepper, red onion, zucchini, tomatoes and lemon slices.
3. In a small bowl whisk together the garlic, oil, vinegar, oregano, paprika, pepper and salt. Pour the sauce evenly over the fish and vegetables.
4. Bake in the oven for 20 minutes.
5. After 20 minutes, add feta and olives. Return to the oven to bake for another 5-10 minutes. Check the fish to ensure it's no longer pink. Sprinkle with additional dried oregano and serve.

Helpful Tips

- Use different colored bell peppers for more color and a sweeter flavor.
- Substitute cherry tomatoes with sliced Roma tomatoes.
- If too salty for your taste, omit feta or olives.

