



RECIPE CARD WK4

© Marco Mayer

# BARLEY SOUP

Soupe Barley was on the menu for the King's dinner on the 6th February 1789. Barley broth is a classic invalid recipe. It's one of the few things on the menu that was almost definitely eaten by the King. Just because he was using a knife and fork again, did not mean that he was eating with the rest of the royal party, or sharing all of their food.

## Original recipe

*New and Easy Method of Cookery*, Elizabeth Cleland, 1755

*Boil a hough of beef in eight pints of water, and a pound of barley, on a slow fire; let it boil to four pints; then put in onions, pepper, salt, and raisins if you like them, or you may put in greens and leeks.*

## Adapting the recipe for modern use

- 4pt beef stock
- 1/2lb barley
- handful of raisins
- 2 onions
- dash of cream (optional)
- seasonings

Add barley to cold stock, bring to the boil and then turn down the heat, reducing stock to about half its original volume (45mins – 1hr). Add shredded onions and raisins. Season to taste, and add cream.

## RECIPE NOTES

This is given as Scots barley broth in the original book, which was one of the first Scottish-authored cookery books to be published. Most of the recipes are British, rather than specifically Scottish, though there are many Scottish ingredients, such as venison and oatmeal. Scottish cookery as we know it today in terms of clearly defined dishes only really developed in the mid-19th century, as Walter Scott's slightly romanticised vision of Scotland really took off.