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Barley recipes BBC Food

Whole barley often has some or all of its bran husk removed. This variety, which is the cheapest and most nutritious, is known as Scotch barley. The other two varieties are pot barley and pearl

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Pearl barley recipes BBC Food

This is barley with all the bran removed, giving the round, shiny grains a pearlescent white colour. It can be used in soups and stews as a thickener, or to add texture rather than flavour.

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9 Vegetarian and Vegan Barley Recipes thespruceeats com

A collection of simple healthy homemade barley recipes to try: all entirely vegetarian and mostly vegan. Pearled barley is a healthy high-fiber and cholesterol-free whole grain ingredient that should have a regular place in your kitchen.

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Barley Recipes Food Wine foodandwine com

With its nutty flavor and pasta-like chew, barley is a versatile grain. High in fiber and protein, it is also a nutritious alternative to rice.

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Hearty Barley Recipes EatingWell

Barley is a nutritious and hearty whole grain that is inexpensive to prepare. Our healthy recipes for barley risotto, barley salad and barley soup are loaded with fiber and easy to cook.

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Pearl barley recipes BBC Good Food

Find out how to use this versatile grain with BBC Good Food's highest-rated pearl barley recipes, including risottos, salads, soups and stews.

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