

Tony Costa Heywood's
"Minestra di Farro e Vedura"

Ingredients for four persons:

150 g of barley or spelt peeled

2 carrots

2 onions

2 celery stems

1 leak

1 bay leaf

1 tomato parino

parsley

4 tablespoons of olive oil extra virgin

salt and vegetable bouillon to taste.

Wash the barley or spelt in cold water.

Place the barley or spelt in a boiler and cover with water. Add more if needed for the desired consistency.

Wash the celery scraping away the filaments, peel the onion and wash the leak, carrots and tomato and cut it all into small pieces. After the barley or spelt has boiled for about 30 minutes, add the vegetables, bay leave and a pinch of salt and/or vegetable bouillon to taste and cook for about 1 hour more.

Take the pot off the flame. Serve the soup in individual bowls. Sprinkle with chopped parsley and a spoon of olive oil.

Variant:

Sauté the chopped carrots, onions, celery and leak in garlic flavoured oil (remove the crushed garlic before adding the vegetables). Add the chopped tomato for 2 or 3 minutes. Mix it all and add it to the pot with the barley or spelt.