

# Flying Inspiration

Fly with the feminine

*Gabriella Guglielminotti Trivel's recipes*

## Barley with porcini & cabbage

**Suggestions:** a very tasty vegetarian dish perfect for summer when porcini mushrooms are in season. It is rich in minerals like phosphorus, iron, magnesium, calcium, potassium, manganese, sodium, copper and zinc and vitamins of the B group, vitamin C and K.

### Instructions

extra virgin  
olive oil



porcini

mushrooms



Fry in some extra virgin olive oil some finely chopped onions, some coconut cream flakes and mix it with some fresh sliced porcini mushrooms (you can also use dried ones that you have previously soaked).



sea salt

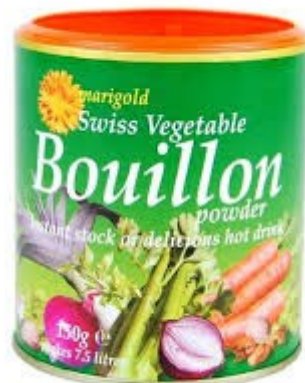


white pepper



Add some finely sliced cabbage, some finely chopped lemon zest, salt and some ground white pepper.

barley



Let it cook down for some time and then add the barley that you had previously soaked for five hours, stir it and let it cook for few moments, then add some vegetable stock and let it cook until is it is almost dry.

**coconut milk**



Add some coconut milk to it towards the end. Taste it to see if the barley is cooked, if not add some more broth to it and salt if necessary.



**coriander**



When the barley is soft, serve it with some freshly chopped coriander and white pepper, a bit of extra virgin olive oil and some yeast flakes or any herb of your taste.



If you like this recipe, I would like to read your comments!

Contact me on [www.flyinginspiration.com](http://www.flyinginspiration.com)