

# Mushroom Barley Soup

## *Gribnoy Sup*

*A noted food writer once described mushroom barley soup as the Jewish triumph “over the agricultural limitations of the Russian empire.”*

1. In a 4-quart saucepan or Dutch oven, melt butter or margarine. Sauté mushrooms, scallions, onion, carrots, and celery. Add parsley and set aside.
2. In a medium saucepan, bring water, bouillon cubes, barley, Worcestershire sauce and pepper to a boil. Reduce heat, cover and simmer, stirring occasionally, for 40 to 55 minutes, or until barley is tender. Add mushroom-mixture and milk. Heat thoroughly. Remove from heat. Stir in sherry and salt to taste.

**Note:** For a thicker soup, combine  $\frac{1}{2}$  cup milk and  $\frac{1}{4}$  cup flour. Mix until well blended. Gradually stir into soup, bring to a boil, lower heat and simmer for 5 minutes.

---

servings: 4

---

3 tablespoons butter or margarine  
3 cups white mushrooms, sliced  
2 scallions, trimmed and chopped  
1 large onion, chopped  
2 carrots, diced  
2 stalks celery, diced  
3 tablespoons chopped parsley  
3½ cups water  
3 vegetable bouillon cubes  
½ cup regular pearl barley  
2 teaspoons Worcestershire sauce  
½ teaspoon pepper  
1 cup milk  
1 tablespoon dry sherry (optional)  
Salt to taste