

Miele

Toasted barley salad with sweetcorn and prunes

By Miele

15 minutes

Preparation Time

1 hour

Cooking Time

6 serves

Serves



INGREDIENTS

Sweetcorn

2 corn cobs, husks removed

Toasted barley

100 g (½ cup) pearl barley
375 ml (1 ½ cups) water
Salt flakes

Prunes

8 prunes (approximately 100 g)
50 g treacle
80 ml (? cup) water
1 star anise
1 strip lemon rind

To serve

1 ½ tbsp rice wine vinegar
2 tsp lemon juice
2 cups mixed lettuce leaves
½ cup mixed herbs, such as parsley and chives
Salt flakes, to taste

METHOD

Sweetcorn

1. Place the corn into a perforated steam container. Place into the steam oven and Steam at 100°C for 5 minutes or until tender, cool slightly.
2. Remove the corn kernels from the cobs, keeping in large pieces, if possible.
3. Cut the corn cores into 5 cm pieces and reserve to cook with the barley.

Toasted barley

1. In a frying pan on medium-high heat, induction setting 7, cook the barley, stirring occasionally for 6 minutes, or until browned.
2. Place the barley, water, and the reserved corn cores into an unperforated steam container. Place into the steam oven and Steam at 100°C for 40 minutes.
3. Lightly rinse under cold running water, drain well and remove the corn cores.

Prunes

1. Place the prunes, treacle, water, star anise and lemon rind into a small saucepan and bring to the boil on high heat, induction setting 8.
2. Allow to bubble for 1 minute and remove from heat. Allow to cool.
3. Remove the star anise and lemon rind. Tear the prunes into smaller pieces.

To serve

1. Gently combine the cooked barley, corn kernels, prunes, vinegar, lemon juice, lettuce leaves and herbs in a large bowl and season to taste.

Sustainability tips to make your ingredients go further

- Use the whey from making the curd in the 'Beetroot and crispy curds on barley cracker' dish to cook the pearl barley. Reduce the volume of water by the same amount.
- Use the remaining chilli rice wine vinegar from 'Charred baby cucumbers with confit kingfish and honey chilli pearls'

for this dish.

Alternative appliance function

- The sweetcorn can be left in its husks and cooked on a griddle plate on medium-high heat, induction setting 7, for 10 minutes, turning every couple of minutes. This will give a wonderful smoky taste.

Hints and tips

- 1 ¾ cups of frozen corn can substituted for the corn cobs.