

Mushroom Barley Soup

The addition of different types of mushrooms in this soup make, it very exquisite tasting. Our grocery stores carry the entire assortment of mushrooms so it should be easy to find. Mushrooms are best cleaned with a mushroom brush as they lose flavor when run under water. Try to get a port with good flavor, it doesn't have to be expensive, but a cheap port will not have the flavor as a decent one. If you can get a Portuguese or Spanish port, all the better.

Serves 12 -16 ounces servings

1 cup barley
8 cups water
2 large turkey wing
1 large yellow onion, quartered
6 clove garlic, chopped
1 large shallot chopped
1 bunch parsley chopped
1 small celery root, cleaned, trimmed, and roughly chopped
2 large parsnip, trimmed and roughly chopped
12 shiitake mushrooms, sliced
1 pound crimini mushrooms, sliced
2 large Portobello mushrooms, quartered
2 carrots, washed with vegetable brush and sliced in chunks
4 carrots, washed with vegetable brush and roughly chopped
5 large ribs celery diced
2 leeks, split down center, white part only, sliced
1 medium sweet potato, peeled and diced
½ cup Tawny port
1 tablespoon chopped fresh thyme
½ cup chopped parsley
10 to 12 peppercorns
Salt or Herbamare to taste
Pepper
2-3 leaves fresh sage finely chopped

1. In a bowl, cover the barley with enough warm water to cover by about ½ inch. Cover and set aside to soak for at least 6 hours or overnight. Drain any excess water that has not been absorbed.
2. In a stockpot, add the turkey wings, onion, leeks, 3 cloves garlic, celery root, 2 carrots, celery, peppercorns and parsnips add enough water to cover ingredients, cover the pot. Bring to a boil and simmer for 60 to 90 minutes until the vegetables are tender. Take out the root vegetables, drain well and discard. If the meat is tender at this time remove and set aside, cover to prevent from drying out.
3. Refrigerate overnight or for 6 hours to allow the fat to congeal and skim from top.

4. In a large stock pot add 3 tablespoons broth, sauté 3 medium cloves of garlic, shallots, carrots for 5 minutes over medium heat, stirring frequently.
5. Add mushrooms and continue to sauté for another 3 minutes. Add drained barley and Tawny Port and cook for about 2 minutes
6. Add carrots, all mushrooms, sweet potato and rest of broth, bring to a boil. Wings may be added at this time to continue to cook. Cover pot while cooking. Let simmer for about 40 minutes until barley and carrots are tender.
7. Add herbs, salt, pepper, Herbamare and simmer for 10 minutes.
8. Remove turkey wings and take bones and skin off. Add the meat to the soup if desired. Serve.