

## Organic Yogurt and Barley Soup with Fresh Herbs and Curry Oil



For Four Servings

Preparation Time: 15 minutes

Cooking Time: 30 minutes

- 1 Cup Barley
- 2 Cups Plain Organic Yogurt
- 1 Cup Whole Milk
- 1 Onion, finely minced
- 1 Celery Rib, cut large pieces
- 1 Bay Leaf
- 1 Clove Garlic, finely minced
- 3 Egg Yolks
- 1 Tbsp Butter
- 2 Sprigs each of Parsley, Cilantro and Mint
- 1 Tsp Curry Powder
- 1/3 Cup Canola Oil
- Half a Lemon
- Salt and Pepper to Taste

Mix together the curry powder and canola oil and set aside. Whisk together the egg yolks and yogurt, and refrigerate.

In a heavy-bottomed pot, melt the butter and sweat the onions and the garlic for about three minutes. Add the barley, celery and bay leaf, mix well, then add enough water to cover by two inches. Season with salt. Bring to a boil, then reduce heat and simmer until barley is cooked through and tender, but now mushy. Remove celery rib and bay leaf. The soup can be prepared in advance up to this point.

To serve, combine the barley with the milk and the egg and yogurt mixture. Gently heat while stirring

continuously. DO NOT BOIL. Check for seasoning. Add the herbs, squeeze in the juice of the lemon, then ladle into soup bowls. Finish with the drizzling of the curry oil.

Squeeze the juice of the lemon and add the remaining olive oil. Check for seasoning and portion the salad onto four plates and garnish with some cauliflower florets and serve.