



COOKING PASSION SINCE 1877

Saffron pearl barley risotto with oven-roasted Tomatoes



Serves: 4

INGREDIENTS

1 kg tomatoes
1 bunch thyme
5 tbsp olive oil
1 pinch salt
1 garlic cloves
2 tsp maple syrup
Freshly ground pepper

Saffron Pea Barley

250 g **pearl barley**
1 small onion
1 tbsp olive oil
750 ml vegetable stock
approx. 20 saffron threads
200 ml **soy cream**
2 tbsp **yeast flakes**
1 pinch salt

TOPPING

1 tbsp parsley
1 - 2 tsp thyme leaves, basil
2 tsp lemon zest
Freshly ground pepper

ALLERGENES HIGHLIGHTED IN BOLD

PREPARATION

Step 1

Preheat the oven to 180°C (CircoTherm) or 200°C (top/bottom heat).

Step 2

Mix the olive oil with the salt, pepper, finely chopped garlic and maple syrup.

Rinse the tomatoes and thyme, and pour the garlic oil over them. Roast the marinated tomatoes

with the thyme in a roasting pan at 200° (top/bottom heat) for approx. 20 minutes.

Step 3

Peel and dice the onion and sauté in a saucepan with some olive oil until translucent. Add pearl

barley and saffron, and pour in the vegetable stock. Simmer gently for approx. 25 minutes. Stir

occasionally while cooking. As soon as the pearl barley has soaked up the vegetable stock, add

the soy cream, yeast flakes and saffron, and continue to cook until the risotto is creamy and al

dente.

Season with a little olive oil, parsley, salt and pepper and allow to rest on the hob for 5-10 minutes

with the lid closed.

Step 4

Serve the finished pearl barley risotto with the oven-roasted tomatoes and topi