

CORN AND BARLEY SALAD

from

Jane Brody's Good Food Gourmet

4 to 6 servings

All tasters agreed that this easily prepared salad is a winner. It's a nice salad to make when you've got some leftover ears of cooked corn.

Preparation tips: Cooking the garlic takes the bitter edge off of it, but you can skip this step if you wish. You can make the salad one day ahead, adding the cilantro or parsley just before serving time.

Salad:

3 cups water

½ tsp. salt

1 cup barley

2 cups cooked corn kernels, fresh if available *or* frozen and thawed

½ cup thinly sliced scallions

1 large tomato, seeded and finely chopped

1 to 2 4-inch fresh hot green chilies *or* jalapenos, seeded and minced, to taste

¼ cup minced cilantro *or* fresh parsley, to taste

Dressing:

2 cloves garlic, cooked 10 minutes in boiling water and peeled

3 tablespoons white-wine vinegar

2 tablespoons olive oil *or* canola oil

½ tsp. cumin

½ tsp. salt

¼ tsp. freshly ground black pepper

1. To prepare salad, in a large saucepan, bring the water and salt to a boil, and add the barley. Cook the barley, stirring often, until it is just tender - about 30 minutes for pearly barley, 40 minutes for unpearled. *Do not overcook the barley.* Drain the barley in a colander, rinse it under cold water, and let it drain until it is cool.
2. Transfer the cooled barley to a large bowl. Add the corn, scallions, tomato and chilies or jalapenos, and toss the ingredients well.
3. To make the dressing, in a blender or food processor, add the dressing ingredients and process them. Pour the dressing over the salad, and toss the salad well to combine the ingredients thoroughly. Cover the bowl, and chill the salad.
4. One hour before serving time, stir the cilantro or parsley into the salad, and allow the salad to come to room temperature.