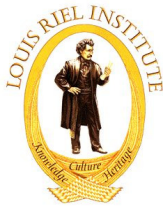


Barley Soup:

Barley is a grain with a slightly nutty flavour and soft texture, is high in soluble fibre, which research has shown lowers blood cholesterol. It is an excellent base for soups. Barley was prepared for use by placing it in a hole about one foot deep and eight inches wide bored in a wooden block. The barley was then pounded with a wooden pole to remove the chaff, and then used for soup. Simmering soup bones make this soup, or boil beef or wild meat in water with onions and a bit of salt and pepper until the meat is tender and the broth is good. Then add barley, small chunks of carrot and potatoes and continue to simmer for another hour. When the husk and germ are removed, the remainder is called pearl barley, the soup ingredient. In Cree, pearl barley is called “esquewsisak”—“little girls.” Barley soup is a medicine soup because it is a source of niacin, vitamin B6, folate, copper and iron. The fibre adds additional health value.



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