

ALBERTA BARLEY CAKES

SERVES 8

1 CUP	HULLED ALBERTA BARLEY
3 CLOVES	GARLIC
1	JALAPEÑO PEPPER
3	GREEN ONIONS, SLICED FINE
1 TSP.	GROUND CUMIN
1 TSP.	GROUND CORIANDER
6 SPRIGS	ITALIAN PARSLEY, LEAVES WASHED AND CHOPPED
6 SPRIGS	OREGANO, LEAVES PICKED AND CHOPPED
½ BUNCH	THYME, LEAVES PICKED AND CHOPPED
3 TBSP.	YOGURT
3 TBSP.	CHICK PEA FLOUR (ALL-PURPOSE FLOUR CAN BE SUBSTITUTED)
2 LARGE	EGGS
½ CUP	GRATED CHEDDAR CHEESE
	CANOLA OR VEGETABLE OIL
	KOSHER SALT AND FRESHLY CRACKED BLACK PEPPER TO TASTE

METHOD

1. IN A POT COMBINE BARLEY WITH TWO CUPS OF WATER AND A PINCH OF SALT. BRING TO A BOIL AND REDUCE TO A SIMMER. COOK UNTIL BARLEY IS SOFT BUT STILL MAINTAINS ITS SHAPE. STRAIN AND ALLOW TO COOL.
2. OIL AND SEASON THE JALAPEÑO AND ROAST UNDER YOUR BROILER UNTIL DARK AND BLISTERED, TURNING AS NEEDED. LET COOL. REMOVE ANY BLACKENED SKIN AND STEM AND SEEDS, AND CHOP INTO A PASTE WITH THE 3 CLOVES OF GARLIC.
3. WHEN BARLEY HAS COOLED, MIX IN JALAPEÑO PASTE, SLICED GREEN ONIONS, GROUND SPICES, MIXED HERBS, YOGURT, CHICK PEA FLOUR, EGGS, GRATED CHEESE AND SOME SALT AND PEPPER, MIX WELL TO COMBINE.
4. TEST FRY A SMALL PATTY FOR SEASONING. ADJUST IF NECESSARY.
5. FORM INTO 6 PATTIES.
6. HEAT ABOUT 3 TABLESPOONS OF OIL IN A MEDIUM FRY PAN. BROWN CAKES ON EACH SIDE UNTIL GOLDEN BROWN. KEEP WARM.
7. SERVE WITH MILK BRAISED PORK.
8. ENJOY!

