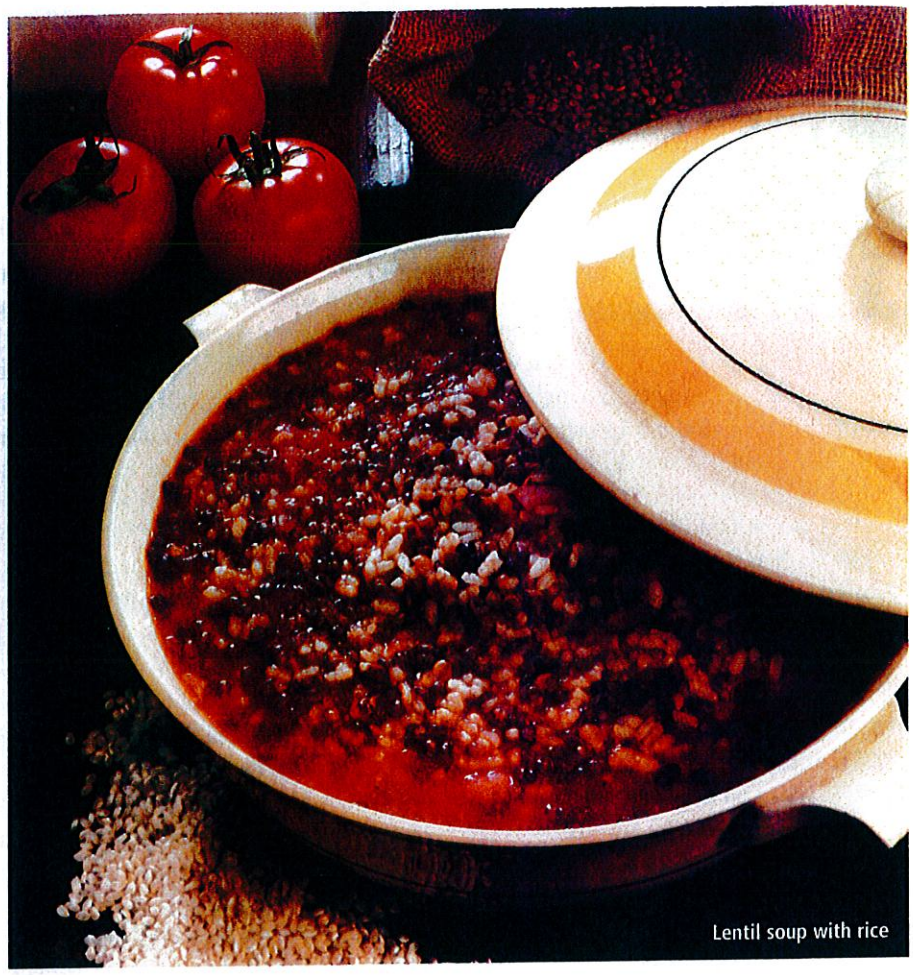


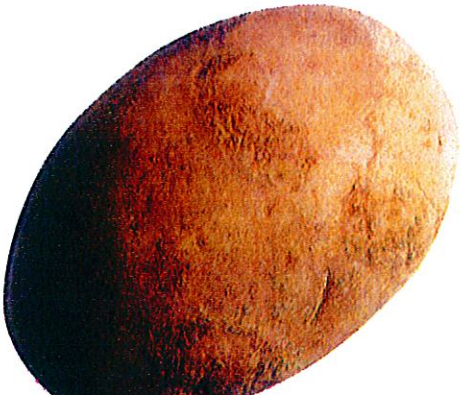
Lentil soup with rice

Barley Minestrone

7 ounces pearl barley
1 bouillon cube (beef or chicken)
5 tablespoons extra-virgin olive oil
1 medium onion, chopped
½ cup parsley, finely chopped, divided
1 tablespoon rosemary, finely chopped
1 tablespoon marjoram, finely chopped
1 ham bone, with some meat on it
2 potatoes, peeled and cut into wedges
1 carrot, peeled and sliced into thin disks
salt and freshly ground pepper
Parmigiano-Reggiano, grated

Soak the barley for about 30 minutes. Put it in a pot with 8 cups of cold water and the bouillon cube; bring to a boil, then simmer for 1 hour.

Meanwhile, heat oil, and add onion, $^1/_4$ cup of the parsley, the rosemary and marjoram. Sauté until onion is golden. Add this mixture to the barley along with the ham bone, the potatoes and the carrot. Season with salt and pepper, and cook for about 40 minutes. Remove the bone, cut off any remaining meat, and add it to the soup. Serve immediately, garnished with remaining parsley and grated Parmigiano to taste. Serves 4



Lentil Soup with Rice

½ cup lentils
3 tablespoons extra-virgin olive oil
1½ ounces cured pork fat, chopped
1 clove garlic, chopped
4 tomatoes, chopped
salt and freshly ground pepper
½ cup Arborio rice

Rinse lentils, place in cold water, and boil for about 40 minutes. Meanwhile, heat olive oil in a heavy-bottomed pot. Add the cured pork fat and garlic, and sauté until garlic softens. Add the tomatoes, and season to taste with salt and pepper. Pour in 5 cups of boiling water, and bring to a boil; add the rice. When rice is cooked, drain the lentils, add to the soup, and pour into a tureen. Serve immediately. Serves 4