

Lamb and Barley Pudding

This dish was exceedingly popular in Ancient Greece. Often it was the only dish of a poor man's meal.

Ingredients

2 lbs. boneless lamb
1 cup (coarsely ground) barley groats
6 cups water
2 Tbs. olive oil
2 tsp. salt

Utensils

knife and cutting board
measuring cup
measuring spoons
4-quart cookpot with a lid
slotted spoon
large bowl
spoon

Cut the lamb into chunks. Precut lamb can be bought from the butcher. Place the lamb, water, and salt in the cookpot. Bring to boil on the stove over medium high heat, then reduce the heat to low. Cover the cookpot with a lid and simmer for 2 hours. Using a slotted spoon, remove the meat from the water and place it in the bowl. Place the cookpot in the refrigerator for 30 to 60 minutes to make it easier to skim off the fat. Skim off the fat and discard. Measure the cooking water and add more water if necessary to make 6 cups total. Add the barley, olive oil, and cooked lamb to the cooking water. Bring to a light boil on the stove over medium heat, then reduce the heat to low and cover the cookpot with a lid. Simmer for 25 to 35 minutes or until the barley is tender and most of the liquid is absorbed. Drain off any excess liquid. Serve hot.