

RUSSIA



Mushroom-Barley Soup

One can only guess how many versions of mushroom-barley soup exist. Barley adds substance to soup that seems to contribute to a sense of satisfaction and contentment after the first bowl. *This recipe is in honor of Mikhail and Lyudmila Kulakov.*

INGREDIENTS **SERVES 8-10**

3 T.	margarine or butter
4 c.	white mushrooms, sliced
2	medium leeks, white part only, halved and sliced
1	large onion, chopped
3 T.	parsley, chopped
4½ c.	water
2 or 3	bouillon cubes
½ c.	barley, uncooked
3	medium carrots, peeled and diced
2	stalks celery, diced
2 c.	milk
½ t.	salt

PREPARATION

1. In a medium pan, melt the margarine and sauté the mushrooms, leeks, and onion for 5 to 8 minutes or until tender. Add the parsley and set aside.
2. In a large, heavy pan, bring the water, bouillon cubes, and barley to a boil.

3. Add the carrots and celery and bring back to a boil. Reduce heat, cover, and simmer for about 45 minutes, or until the barley is tender.
4. Add the mushroom mixture and milk. Heat thoroughly.
5. Season with salt and serve.

Note: If you prefer a thicker soup, combine ½ c. of the milk while it is still cold with ¼ c. of flour. Gradually stir into soup. Bring to a low boil, reduce heat, and simmer for 5 minutes or until thickened.

IF YOU GO TO RUSSIA

Russian culture is defined by the way people relate to their families. Great respect is given to *babushkas*, the elderly matriarchs who usually live with their children and often provide child care for the younger generations. If you visit a Russian home, it is almost mandatory that you bring a gift. They may protest when it is offered, but that is part of the protocol before it is accepted. Smiles are reserved for things that they find amusing or when greeting close friends. Smiling at strangers in public is considered suspicious.