

Baked Barley Pudding (serves 6)

This pudding is sure to delight those who are fond of traditional milk-based puddings, such as rice pudding and semolina. It is an excellent way of using barley in a dessert and increasing the amount of fibre in the diet.

Ingredients

675ml water	50g brown sugar
150g pearl barley	15g butter or vegetable oil spread, melted
½ teaspoon of salt	1 teaspoon of vanilla essence or extract
2 eggs	75g raisins
325g semi-skimmed milk	Rind and juice of half a lemon

Method

1. In a saucepan bring the water to the boil and add the barley and salt.
2. Simmer barley for 40 minutes or until tender, then allow to cool.
3. In a bowl combine eggs, milk, sugar, butter and vanilla, and beat well.
4. Add cooked barley, raisins, lemon rind and juice.
5. Pour into a greased baking dish.
6. Make a bain-marie by placing the baking dish containing the pudding into a larger baking pan. Pour hot water into the larger pan to half way up the outside of the baking dish.
7. Bake at 160°C/325°F/Gas Mark 3 for 1 hour.
8. Serve hot or cold.

Nutrition information

Per 100g	Energy 583kJ 138kcal	Fat 3.3g	Saturates 1.5g	CHO 22.2g	Sugars 11.7g	Protein 3.9g	Fibre 2.0g	Salt 0.33g
Per Serving 160g	Energy 933kJ 222kcal	Fat 5.3g	Saturates 2.4g	CHO 35.7g	Sugars 18.7g	Protein 6.2g	Fibre 3.2g	Salt 0.52g

Oat/Barley content

25g

of barley per portion

