

Kaplans Mushroom-Barley Soup

Category: Soup

Servings: 6

Rating: 10

Source: The Great Cooks' Guide to Soups

Description:

Kaplan's in the Delmonico Hotel in Manhattan serves authentic "deli" dishes, one of which is this soup.

Ingredients:

12 mushrooms, dried	12
2 quarts water	2 quarts, plus water for soaking the mushrooms
1/4 cup barley	1/4 cup
2 medium size, peeled and diced potato	2 medium size, peeled and diced
2, scraped and diced carrot	2, scraped and diced
2 teaspoons salt	2 teaspoons
several grindings pepper	several grindings
2 tablespoons vegetable oil	2 tablespoons
2 medium sized, diced onion	2 medium sized, diced
2 tablespoons flour, all-purpose	2 tablespoons
1 cup chicken stock	1 cup

Instructions:

Rinse the mushrooms and cover them with cold water. Let them stand for about 20 minutes and then drain, and finely slice them. Combine 2 quarts of water, the mushrooms, barley, potatoes, carrots, salt, and pepper and bring to a boil. Cover and reduce the heat to a simmer for one hour. Heat the oil and saute onions until they are golden brown. Add them to the soup after it has simmered for an hour and simmer for another 30 minutes. Stir the flour gradually into the chicken stock, stirring constantly, until it is smooth. Add the flour mixture to the soup and simmer for 15 more minutes, stirring occasionally. Taste and correct the seasoning before serving.