

Barley Soup

The Virginia Housewife by Mary Randolph, 1824

Original Receipt

Put on three gills of barley, three quarts of water, a few onions cut up, six carrots, scraped and cut in dice, an equal quantity of turnips cut small: boil it gently two hours, then put in four or five pounds of the rack or neck of mutton, a few slices of lean ham, with pepper and salt; boil it slowly, two hours longer, and serve it up. Tomatas are an excellent addition to this soup.

Ingredients

Amount

| | |
|---------------------------|---------------------|
| Barley, rinsed | ¾ cup |
| Water | 1 ½ quarts (6 cups) |
| Onions, diced | 2 |
| Carrots, peeled and diced | 3 |
| Turnips, peeled and diced | 3 |
| Lamb or beef, diced | 1 ½ pounds |
| Ham, diced | ½ cup |
| Salt and Pepper to taste | |
| Tomatoes, diced | 2 cups |

Directions

1. Put water into large saucepan or dutch oven and add barley and diced meat. Bring to a boil, and reduce heat and simmer for 45 minutes.
2. Add diced onions, carrots, and turnips and simmer for 20 minutes until carrots are tender.
3. Add diced ham and tomatoes. Simmer for 20 minutes up to one hour. Season to taste with salt and pepper.