



Barley Chicken Soup (H)

Serving: 1

Non Veg

Ingredients

- Serves 1
- 50 gms chicken legs (with bones and skin)
- 1 tbsp soaked and drained barley
- 1 tsp whole wheat flour
- 1 tsp oats/ ragi flour
- 1 bayleaf
- 4-5 peppercorns
- 1 tbsp sliced carrots
- 1 tbsp sliced onions
- 1 tsp sliced celery stick
- Salt to taste
- $\frac{1}{2}$ tsp olive oil
- $\frac{1}{4}$ tsp white pepper powder
- $\frac{1}{2}$ tbsp chopped parsley
- 1 tbsp finely chopped cucumber

Preparation Method

- 1. Mix wheat flour in half a cup of water and set aside. Take seven cups of water in a deep non-stick pan, add bay leaf, peppercorns, carrots, onion, celery and chicken and boil on medium heat for half an hour. Make sure you remove the scum from top from time to time.
- 2. Remove from flame and strain the stock and discard the vegetable. Remove the chicken pieces, cool aside to cool it, de-skin the chicken and dice it.
- 3. Heat oil in a pan over low heat and add barley and sauté for 3 to 4 minutes. Add the prepared stock, salt and pepper powder. Add the chopped chicken pieces and simmer for another 3 to 4 minutes.
- 4. Add the wheat flour mixture and cook for a minute.
- 5. Remove from heat and add the parsley and stir. Serve hot topped with cucumber pieces.