



ALL'OPERA IN TRENTINO DAL 1870

BARLEY SOUP WITH COURGETTE AND SPECK



INGREDIENTS

Serves 4 people

100 g farmer's barley
100 g diced smoked speck
1 onion
1 courgette
1.5 L meat stock or water with a stock cube
Salt
Pepper
Rosemary

PREPARATION

Sauté the chopped onion and speck in a little oil, then add the rinsed barley. Stir and cover with approx. 1.5 litres of water. Bring to the boil and cook the soup for approx. 1 hour and a half.

Add the diced courgettes approx. 10 minutes before the end of cooking.

Finally, season with salt and pepper. Serve the soup with some rosemary.

To make cooking quicker you can leave the barley to soak in cold water overnight or for 1-2 hours.