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How to Use Barley

Good loaves, muffins, scones, spoon bread, pudding, sponge cake, breakfast food and broth may be made from barley meal and flour.

How to Use Barley

Barley cookery, until recently, has been a lost art, but housekeepers are now beginning to appreciate the value of barley as a food.

Even as late as 1870, the women of England and northern Europe were familiar with its various uses. In recent years the larger production of wheat has gradually caused that grain to take the place of barley. In the face of the present shortage of wheat, however, the use of barley as a human food has again been brought to the front.

FOOD VALUE OF BARLEY

High-grade barley contains about as much protein (tissue-building material) as hard wheat. It furnishes comparable amounts of heat-giving material (starch and fat) and its mineral content (bone-building material) is also equal to that of wheat.

METHODS OF COOKING

At present, barley is found on the market in at least six forms: pearled barley, used in soups and as a breakfast food; barley meal; barley grits; rolled barley; cream of barley, and barley flour.

Since barley flour when mixed with water does not form the sticky, elastic dough characteristic of wheat flour when combined with water, in making raised bread some wheat flour should be used. Satisfactory loaves may be made when from 20 to 60 per cent of barley flour is used. Quick breads such as muffins, biscuits, and cakes may be made of all barley flour.

The following recipes are given merely as guides and suggest some of the many ways in which barley products may be used. When using barley flour, housekeepers should remember that there are on the market several flours, put out by various firms, each behaving somewhat differently. As with wheat flour, for good results one should learn how to use a given brand, and thereafter should purchase that particular brand.

The bitter, acid taste, frequently noticed in raised bread in which a considerable quantity of barley flour has been used, can be eliminated by adding a small amount of cooking soda to the dough. This should be sifted with the flour, before the other

ingredients are added. One teaspoonful of cooking soda with six cups of flour is a satisfactory proportion to use.

HOW TO OBTAIN BARLEY PRODUCTS

In the recipes following, we have, in some cases, used barley meal, which has a texture similar to that of cornmeal. In other cases, barley flour was used. Both of these products are now on the market in certain sections of the country. In communities where they are not sold, housewives may create a demand by asking their local dealers to get barley meal and flour for them.

BARLEY RECIPES

The following recipes are made on the basis of level measurements. The flour should be sifted before measuring, piled lightly into a standard measuring cup and leveled with the straight edge of a knife.

Barley as Breakfast Food

2 cups water ½ teaspoon salt
½ cup barley meal

Boil water, add salt and barley meal, stirring constantly. Cook in double boiler 1 hour or in fireless cooker 12 hours. Serve with cream, and sugar if desired. Dates or raisins cooked with the cereal make a pleasant variety.

Scotch Broth

3 pounds mutton from fore-quarter	Carrots	} ½ cup each cut in small cubes
2 quarts cold water	Turnips	
½ tablespoon salt	1 small onion	
¼ teaspoon pepper	2 tablespoons flour	
	3 tablespoons pearled barley	

Wash meat, remove skin and fat, and cut meat in small pieces. Add water, seasonings, vegetables, barley, and flour mixed with a little cold water. Cook slowly from 6 to 8 hours. As water evaporates, add enough to make up for that lost in evaporation.

Barley Pone

1 cup hot boiled hominy grits	1 cup barley meal
2 cups milk	2 teaspoons baking powder
3 tablespoons fat	2 eggs
	½ teaspoon salt

Add to the cooked hominy grits, the milk and fat. Cool and add salt, barley meal, and baking powder sifted together, then the well-beaten eggs. Pour into an oiled dish and bake in a moderate oven 45 minutes. Cut in triangular pieces and serve from dish in which it was baked.

Barley Muffins I

1 cup whole wheat flour	1 ¼ cups sour milk
1 cup barley meal	½ teaspoon soda
¼ teaspoon salt	2 tablespoons beef drippings or lard
2 teaspoons baking powder	
1 egg	

Sift flour, barley meal, salt, and baking powder. Dissolve soda in a little cold water and add to sour milk. Combine flour mixture and sour

milk, add beaten egg and melted fat. Bake in muffin pans in a moderate oven.

Barley Muffins II

1 cup sour milk	$\frac{1}{2}$ teaspoon salt
1 tablespoon sugar	2 tablespoons melted fat
1 egg	2 cups barley flour
$\frac{1}{2}$ teaspoon soda	2 teaspoons baking powder

Beat egg, add sugar, salt, and soda dissolved in a little cold water. Sift flour and baking powder together and combine with first mixture. Add the melted fat and beat well. Bake in well-greased muffin pans until thoroughly done, about $\frac{1}{2}$ hour, depending upon the size of the muffins.

Popovers

1 cup barley flour	$\frac{1}{4}$ teaspoon salt
1 cup milk	1 egg
1 tablespoon melted fat	

Beat eggs, add the milk, salt, flour, and melted fat. Beat thoroughly to form a smooth batter. Bake in popover cups in a hot oven, from 30 to 40 minutes.

Barley Spoon Bread

$\frac{1}{4}$ cup salt pork cut in $\frac{1}{4}$ inch cubes	1 cup barley meal
	2 or 3 eggs
4 cups boiling water	

Cook salt pork in saucepan until slightly brown; add water and when boiling, sprinkle in barley meal, stirring constantly. Cook in a double boiler one hour, cool, and add well-beaten eggs. Turn into oiled dish and bake in moderate oven 45 minutes.

Baking Powder Biscuits

2 cups barley flour	$\frac{1}{2}$ teaspoon salt
2 tablespoons fat	4 teaspoons baking powder
$\frac{2}{3}$ cup milk	

Sift the dry ingredients together, rub in the fat, and add the liquid until a soft dough is formed. Roll to about $\frac{3}{4}$ -inch thickness, cut with a cookie cutter, and bake in a hot oven.

Dropped Barley Biscuits

2 cups barley flour	$\frac{1}{2}$ teaspoon salt
3 teaspoons baking powder	2 tablespoons fat
$\frac{2}{3}$ cup milk	

Sift flour, baking powder, and salt together; rub in fat and add milk. Drop by spoonfuls onto an oiled pan. Bake in a moderate oven.

Barley Scones I

1 cup whole wheat flour	2 tablespoons lard or beef drippings
1 cup barley meal	
$\frac{1}{4}$ teaspoon salt	$\frac{3}{4}$ cup sour milk
$\frac{1}{3}$ teaspoon soda	

Sift flour, barley meal, salt and baking powder together and work in lard with tips of fingers or two knives. Dissolve soda in a little cold water and add to sour milk. Combine flour mixture and sour milk to form a soft dough. Turn out on a well-floured board, knead slightly, roll to $\frac{1}{2}$ -inch thickness; cut in diamond shapes and bake in a hot oven.

Barley Scones II

2 cups barley flour	2 tablespoons fat
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup sour milk
2 teaspoons baking powder	$\frac{1}{3}$ teaspoon soda

Sift barley flour, salt, and baking powder together and work in fat. Dissolve soda in a little cold water and add the sour milk. Combine flour mixture and sour milk to form a soft dough. Turn out on a well-floured board, knead slightly, roll to $\frac{1}{2}$ inch thickness; cut in diamond shape and bake in hot oven.

Barley Griddle Cakes

2 cups sour milk	$\frac{1}{4}$ teaspoon salt
1 egg	2 tablespoons melted fat
$\frac{3}{4}$ teaspoon soda	3 cups barley flour
2 teaspoons baking powder.	

Mix and sift flour, baking powder and salt. Combine sour milk and egg well beaten; add soda dissolved in a little cold water. Sift in flour mixture and beat well. Drop by spoonfuls on a greased, hot griddle and cook as for other griddle cakes.

Waffles

1 cup milk	$\frac{1}{4}$ teaspoon salt
2 eggs	2 cups barley flour
3 tablespoons melted fat	3 teaspoons baking powder

Sift dry ingredients together and add slowly the milk, beaten egg yolk, and melted fat. Fold in stiffly beaten whites. Beat thoroughly for a minute and cook in hot well-greased waffle irons.

Fried Barley Balls

1 quart boiling water	1 tablespoon fat
$1\frac{1}{4}$ cups barley meal	2 small eggs
1 teaspoon salt	

Cook barley meal in boiling salted water at least 1 hour in double boiler. Cool, add fat and well-beaten eggs. Form into balls $1\frac{1}{2}$ inches in diameter, roll in flour, and fry in deep fat. Serve with syrup and butter.

Barley Dumplings

2 cups barley flour	2 tablespoons fat
$\frac{1}{2}$ teaspoon salt	$\frac{2}{3}$ cup milk
4 teaspoons baking powder	1 egg

Prepare as for baking powder biscuits. Drop by spoonfuls on top of boiling stew. Cover closely and cook 20 minutes or until center does not stick to cake tester. Dumplings cooked in steamer are less apt to be soggy than those cooked on top of stew.

Barley Bread I

4 cups whole wheat flour	1 teaspoon salt
2 cups barley meal	2 tablespoons molasses
1 cup water	$\frac{1}{2}$ yeast cake
1 cup milk	$\frac{1}{3}$ teaspoon soda

Boil milk and water and cool; add molasses, salt and yeast mixed with a little cold water; stir in flour, soda and barley meal which have been sifted together. Knead to a soft dough, adding more flour if necessary. Cover and let rise until the mixture is double its bulk. Knead a second time, form into loaves, place in well-greased pans and let rise a second time until dough has doubled its bulk. Bake in a hot oven from $\frac{1}{2}$ to 1 hour, depending on size of loaves.

Barley Bread II

3 cups wheat flour	2 tablespoons sugar or molasses
3 cups barley flour	1 teaspoon salt
1 cup water	$\frac{1}{2}$ yeast cake
1 cup milk	$\frac{1}{2}$ teaspoon soda

Follow directions for Barley Bread I.

Barley Bread

1 quart potato water	$\frac{1}{2}$ cake of compressed yeast
$\frac{1}{3}$ cup mashed potato	3 cups wheat flour
2 tablespoons sugar	Barley flour to make a soft dough
1 tablespoon melted fat	
1 teaspoon salt	$\frac{1}{2}$ teaspoonful soda

Make a sponge of the potato water, mashed potato, sugar, salt, fat, yeast, wheat flour and about 1 cup of the barley flour. Allow to stand over night. Add the wheat flour and enough barley flour, with the soda, to form a soft dough. When this has doubled its bulk, cut down and allow to rise a second time. Form into loaves. When the dough has doubled its bulk, bake in moderately hot oven. This bread contains the largest proportion of barley flour and the smallest proportion of wheat flour which can be used to produce good results. More wheat flour may be used if desired.

Steamed Brown Bread

1 cup corn meal	1 teaspoon soda
1 cup barley flour	2 teaspoons baking powder
1 cup rye or oatmeal flour	$\frac{1}{4}$ teaspoon ginger
$\frac{3}{4}$ cup molasses	$\frac{1}{4}$ teaspoon salt
2 cups sour milk	

Sift cornmeal, barley flour and rye flour, baking powder, salt and ginger. Dissolve soda in a little cold water, add the sour milk. Combine the liquid with the dry ingredients, beat well, and steam in well-greased brown bread tin or baking powder cans from 5 to 6 hours, depending upon the size of the tin.

Barley Pastry I

2 cups barley flour	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ teaspoon baking powder	$\frac{1}{3}$ cup fat
Water to make a stiff dough	

Combine as for other pastry. This crust is particularly good for mince, apple, squash, and pumpkin pies.

Barley Pastry II

Proportion for 2 crusts

$\frac{3}{4}$ cup barley flour	1 teaspoon salt
$\frac{3}{4}$ cup cornstarch	2 tablespoons starch paste
1 teaspoon baking powder	4 tablespoons fat
$\frac{1}{3}$ to $\frac{1}{2}$ cup water	

Place 1 tablespoon water and 1 tablespoon cornstarch in sauce pan. Bring to boil and stir until transparent. Sift dry ingredients. Add paste, fat, and water. Work up into dough. Roll as usual.

Pan Dowdy

Line an oblong cake tin with pie crust made of barley; fill with sliced apples to desired thickness (about 1 inch). Pour over this $\frac{1}{2}$ cup brown sugar, mixed with 1 tablespoon flour, 1 teaspoon cinnamon, $\frac{1}{4}$ teaspoon salt, 2 tablespoons melted fat and $\frac{1}{4}$ cup water. If very sour apples are used, more sugar may be necessary. Cover all with pastry, press moistened edges together and prick with fork in several places. Bake in moderate oven until delicately browned and apples are tender. This may be served with cream, if desired.

Apple Roll

2 cups barley flour	$\frac{3}{4}$ cup milk
4 teaspoons baking powder	2 cups chopped apple
2 tablespoons fat	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon cinnamon

Combine first five ingredients as for baking powder biscuits; roll to $\frac{1}{2}$ inch in thickness; spread with apple, sugar and cinnamon; roll as a jelly roll. Cut into 1-inch sections and place in well-oiled pan, flat side up. Place a small piece of fat on center of each piece and bake in moderate oven as for biscuits. Serve with molasses sauce.

Molasses Sauce

$\frac{1}{2}$ cup molasses	1 tablespoon fat
$\frac{1}{2}$ cup sugar	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ cup water	1 tablespoon lemon juice or vinegar
2 teaspoons flour	

Mix flour and sugar together and add gradually the boiling water and molasses. Simmer for 5 minutes, add other ingredients, and serve hot.

Steamed Barley Pudding

1 cup molasses	$\frac{3}{4}$ cup cornmeal
1 cup sour milk	1 cup barley flour
1 egg	$\frac{1}{4}$ teaspoon salt
1 teaspoon soda	1 cup chopped raisins

Beat egg, add molasses, milk, and soda dissolved in a little cold water. Sift cornmeal and barley flour together, and combine with first mixture. Add chopped raisins, and pour into well-greased baking powder tins or popover cups. If the latter are used, cover each cup with a well-greased paper. Steam 2 hours.

Barley Pudding

5 cups milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{3}$ cup barley meal	2 tablespoons sugar
$\frac{1}{2}$ cup molasses	1 teaspoon ginger

Scald the milk, pour this on the meal and cook in double boiler 20 minutes; add molasses, salt, sugar and ginger. Pour into oiled pudding dish and bake 2 hours in a slow oven. Serve either hot or cold with cream.

Barley-Tapioca Pudding

5 tablespoons pearled tapioca	1 teaspoon salt
4 cups scalded milk	2 tablespoons sugar
4 tablespoons barley meal	2 tablespoons fat
$\frac{1}{2}$ cup molasses	1 cup milk

Soak tapioca 2 hours in cold water to cover. Pour scalded milk over barley meal and boil 3 minutes. Add tapioca, drained from water, molasses, fat, salt and sugar; turn into oiled pudding dish and pour over remaining milk, but do not stir. Bake in a moderate oven 2 hours.

Barley Fruit Cookies

1 cup sugar	1 cup chopped raisins
$\frac{1}{4}$ cup fat	1 cup milk
1 egg	2 teaspoons baking powder
2 cups rolled oats	1 teaspoon cinnamon
1 cup barley flour	

Cream fat, add sugar, well-beaten egg and milk. Sift flour, baking powder, fat and cinnamon, and combine with first mixture; stir in rolled oats and raisins. Drop by spoonfuls on oiled sheets. Bake in moderate oven.

Hermits

$\frac{1}{4}$ cup fat	2 teaspoons baking powder
$\frac{3}{4}$ cup sugar	$\frac{1}{3}$ cup chopped raisins
1 egg	$\frac{1}{4}$ cup chopped nuts
2 tablespoons milk	$\frac{1}{4}$ teaspoon cinnamon
2 cups barley flour	$\frac{1}{4}$ teaspoon cloves

Combine the ingredients as for cake, add enough barley flour to make a dough stiff enough to be rolled. Roll thin, shape with small cookie cutter and bake on tin sheet.

Brownies

$\frac{1}{4}$ cup fat	$\frac{1}{4}$ teaspoon salt
3 tablespoons corn syrup	$\frac{1}{3}$ cup chopped raisins
2 tablespoons molasses	$\frac{1}{2}$ cup nut meats
1 egg	1 teaspoon baking powder

Barley flour to roll

Melt fat and add to molasses and syrup; cool, combine with beaten egg and salt. Add baking powder and flour to make a dough stiff enough to roll; work in nuts and raisins. Chill, roll thin, and bake in moderate oven.

Gingerbread

1 egg	1 teaspoon ginger
1 cup molasses	1 teaspoon cinnamon
$\frac{1}{2}$ cup sour milk	$\frac{1}{4}$ teaspoon cloves
1 teaspoon soda	2 cups flour
2 tablespoons melted fat	$\frac{1}{4}$ teaspoon salt

Beat egg, add molasses, sour milk, and soda dissolved in a little cold water. Sift flour, spices, and salt together and combine with first mixture; stir in melted fat. Bake in a moderate oven.

Fruit Cake

$\frac{1}{2}$ cup fat	$\frac{1}{2}$ teaspoon soda
1 cup sugar	2 $\frac{1}{2}$ cups barley flour
1 cup sour milk	2 teaspoons baking powder
3 tablespoons molasses	$\frac{1}{2}$ teaspoon each of cloves,
$\frac{1}{4}$ cup citron	cinnamon, and allspice

1 cup chopped raisins

Combine as for other fruit cake.

Sponge Cake

3 eggs	$\frac{1}{8}$ teaspoon salt
$\frac{3}{4}$ cup sugar	1 cup barley flour
2 tablespoons water	1 teaspoon baking powder
1 tablespoon lemon juice	

Separate the whites and yolks of eggs, beat yolks, add lemon juice and water and sugar, then flour and baking powder. Fold in well-beaten whites of eggs and bake in moderate oven.