

Good Enough 2 Eat

TELEVISION ABOUT FOOD, GOOD FOOD. FOOD GOOD ENOUGH TO EAT!



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Crockpot Barley

You'll need:

- 1½ litres water
- 1 cup pearl barley
- ½ teaspoon ground coriander
- 1 cup sultanas



Here's what to do:

1. Turn crockpot on high
2. Place water, barley and coriander in crockpot
3. Stir and cover with lid
4. Cook on high for 1 hour, then turn to low for the rest of the night (8 hours at least)
5. Around 30 mins before serving, stir sultanas into barley and replace lid
Allow to cook another 30 mins before serving



A crockpot is a slow-cooking electrical appliance used for heating food over a low heat for long periods, over 6 to 8 hours at a time. Look for these appliances at your local appliance store.