

Delicata Squash & Barley Soup

with Crispy Oyster Mushrooms

There's nothing quite as satisfying as a hearty bowl of soup. In this recipe, we're simmering tasty delicata squash, barley, aromatic vegetables and spices together to create a dish full of warming flavors. You'll top the finished soup with a fresh relish of fennel, pear, mint and Piave cheese to bring a refreshing, herbaceous and beautiful finishing touch to this meal. Enjoy, chefs!



Ingredients

- ½ Cup Pearled Barley
- 1¼ Pounds Delicata Squash
- 6 Ounces Brussels Sprouts
- 4 Ounces Oyster Mushrooms
- 2 Cloves Garlic
- 1 Fennel Bulb With Fronds
- 1 Red Onion
- 1 Forelle Pear
- 1 Bunch Mint

Knick Knacks

- 2 Ounces Piave Cheese
- 2 Teaspoons Squash Soup Spice Blend
(Fennel Seed, Aleppo Pepper & Ground Coriander)

Makes 2 Servings

About 540 Calories Per Serving

Cooking Time: 35 to 45 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Cut off and discard the root ends of the Brussels sprouts. Remove and discard the tough, outer leaves; pick off the remaining leaves until you reach the core of each sprout. Discard the cores; place the leaves in a bowl. Thinly slice the mushrooms. Peel and thinly slice the garlic. Using a sturdy knife, peel and halve the squash lengthwise; scoop out the seeds. Dice the squash. Pick off and roughly chop the fennel fronds (the thin, thread-like tops of the plant). Separate the fennel stems and bulb. Thinly slice the stems; small dice the bulb. Peel and small dice the onion. Small dice the pear. Pick the mint leaves off the stems; discard the stems. Break the Piave cheese into small pieces.

2



Cook the aromatics:

In a large pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion, fennel bulb, garlic and spice blend**. Cook, stirring occasionally, 3 to 5 minutes, or until the vegetables have softened and the spice blend is fragrant.

3



Add the barley & squash:

Add the **barley and squash** to the pot of aromatics. Cook 2 to 3 minutes, or until the barley is lightly browned; season with salt and pepper. Add **4½ cups of water**. Heat the mixture to boiling on high. Once boiling, reduce the heat to medium and simmer, stirring occasionally, 23 to 25 minutes, or until the squash and barley are tender and cooked through.

4



Cook the mushrooms:

While the soup simmers, in a small pan (nonstick, if you have one), heat 2 teaspoons of oil on high until hot. Add the **mushrooms** and cook, stirring occasionally, 4 to 6 minutes, or until browned and crispy. Transfer to a bowl and set aside.

5



Finish the soup:

Once the barley and squash are tender, add the **cooked mushrooms and Brussels sprout leaves** to the pot of soup. Cook, stirring occasionally, 2 to 3 minutes, or until the Brussels sprout leaves are bright green. Remove from heat and season with salt and pepper to taste.

6



Make the relish & plate your dish:

In a medium bowl, combine the **pear, Piave cheese, fennel stems, fennel fronds and mint** (roughly chopping just before adding). Drizzle with olive oil and toss thoroughly to combine. Season with salt and pepper to taste. Divide the **soup** between 2 bowls. Garnish with the **relish**. Enjoy!