

Beef and Barley Soup

<http://userealbutter.com/2009/02/19/beef-barley-soup-recipe/>

adapted from [Sticky, Goopy, Creamy, Chewy](#)

2.5 lbs. beef bones (I used 1 pound oxtails, 1 pound short ribs)
1 tsp salt plus more to taste
black pepper
3-4 quarts water
1 oz. dried porcini mushrooms
2 medium cloves garlic
2 medium onions, diced
2 bay leaves
1/2 tsp thyme
3 tbsps olive oil
1 lb. crimini mushrooms, diced (I must have forgotten these)
5 medium carrots, diced
4 ribs celery, diced
1 cup pearl barley
4 tps lemon juice, fresh squozen

Preheat oven to 425°F. Rinse the beef bones and pat dry. Season the beef bones with salt and pepper and roast them in a baking or roasting pan for 90 minutes. Soak the porcini mushrooms in boiling water. When the mushrooms are rehydrated, strain and reserve the liquid. Rinse the porcini mushrooms of any sand and grit and then chop them up. Mash a teaspoon of salt into the garlic to make a paste. Set aside. When the beef is done, remove the beef to a stock pot (including any fond from the baking pan) and cover with water (about 3-4 quarts). Bring the water to a boil and reduce to a simmer. Let simmer for 4 hours. Remove the beef from the broth and strip the meat into a bowl. Discard the fat and bones. Strain the broth and then [de-fat the broth](#). In the empty stock pot, sauté the onions in olive oil over high heat. When the onions soften, add the garlic paste and seasonings, stirring until fragrant. Then add the mushrooms (both kinds, or just the porcinis if you forgot to buy criminis like me), carrots, celery, barley, beef, broth, porcini liquid, and lemon juice. Bring the contents to a boil then reduce to simmer until the barley is tender to the bite. Serve hot.