

Cerridwen's Cauldron Inspired Recipes



Thyme for Mushroom and Barley

INGREDIENTS

10 sprigs of fresh thyme, tied together with bakers twine, or 1 tablespoon of dried thyme

1 small/medium onion, finely diced

1/2 cup porcini mushrooms or your favourite mushrooms, chopped

1 carrot, diced

73 grams barley

350 ml vegetable stock

Olive oil

Salt and Pepper to taste



DIRECTIONS:

1. Use a saucepan with lid. On medium/low heat, add some olive oil. Add thyme sprigs, onions, mushrooms, carrots and cook together for about 5 minutes.
2. Add barley and 300 ml vegetable stock. Turn heat to low, and place lid on saucepan. Cook for 25 minutes and test tenderness of barley. Add more stock if needed.
3. When barley is tender, add salt and pepper to taste.
4. Stir gently to remove thyme sticks (if you used fresh thyme).
5. Spoon onto a bowl and top with thyme and some drops of olive oil.

Chef Notes

Greetings from the Pacific Northwest, we are starting to feel the cool crisp air in the morning and at night. As summer is slowly leaving us, and Autumn is arriving, I am excited for the warmth of the kitchen, which is always filled with autumn seasonal foods, baked goods and soups.

Thyme is one of my favourite herbs to grow in my garden. I have several varieties of thyme in the garden, and much to my surprise, they have survived many winter frosts. She is a hardy plant filled with so much goodness, flavours and tasty on its own. On Cerridwen's wheel, we welcome thyme in Her season now, I am thrilled as I enjoy cooking with thyme in savory, sweets and making butter compounds with thyme for the holidays.

In this recipe, we add thyme, onions, carrots and mushrooms to cook together. This is why...This will release the oils of the thyme, begin the softening of onions, release sugars from carrots and the mushrooms will absorb the flavours. Cooking low and slow is the best, so this recipe needs time to cook to bring all the flavours together. Whilst it is cooking, you can enjoy a nice warm cup of thyme tea and journal some gratitude, hopes, dreams, wishes, desires, ideas, inspirations and/or a new recipe for yourself-care.

Thyme is known for being an anti-bacterial, helps reduce inflammation, it is good for respiratory issues and gastric issues. Want to know more about thyme? find a good herbal medicinal book or look on line for all the benefits that thyme can offer. I use thyme frequently in my cooking and baking (savory breads), and it is truly one of my all time favourite herbs along with oregano and sage.

Barley is low in glycemic index, it can help with reducing cholesterol levels, and sugar levels, and it is high in protein. Plus, barley is full of flavour, it is very pleasing to the palate.

You can add any vegetable to this recipe. Sometimes I will add green beans at the end of cooking, as I love green beans al dente.

May you always find thyme (wink) to explore, dream, adventure, create and bring joy to your life.

I am in full gratitude for these recipes that are brought forward by Cerridwen. She helps me stir my cauldron adding ingredients such as creativity, and She inspires me to do things that She knows I will love. May you find joy in your kitchen to make your own recipes as well.

Thank you for letting me share these recipes this year, I am inspired by Cerridwen's wheel to continue to create and bring forward Her cookbook with care and love. Blessings on this new season of Earth/Mabon I welcome Cerridwen of Earth with full open arms.

With Care and Love,
Priestess of Cerridwen in Avalon, Sadie
Blessed Be.

