**Beef/Mushroom/Barley Soup**

Cooking around the World: Poland 9/9/13

at the Chillicothe Public Library

Recipes by Mary Ann Crotz

*Prepare Broth:*

beef bones

1 oz. dried mushrooms

garlic cloves

onion

celery leaves

bay leaf or two

stew meat

In a large pot, cover bones and veggies with water, cook 2-3 hours (add water if necessary).

Add meat and cook another 1-2 hours (add water if necessary).

Cook to taste; add pepper or any spices you like.

Strain (discard veggies) and keep beef to add to soup later (or you can eliminate beef from the soup and use it in another dish)

*For Soup:*

   4 T. butter/margarine/olive oil

   1 large onion, chopped

   2 cloves garlic, diced fine

   1 lb. fresh mushrooms, sliced

   4 T. flour

   1 C. milk

   Broth (prepared above)

   1/2 C. barley (long-cooking is best)

   1 T. dried parsley (or 2 T. fresh)

   Meat (reserved from broth)

In the large pot sauté onion, garlic, mushrooms in butter/marg/oil until lightly browned.

Whisk in flour, stirring constantly, until flour is smooth, about 3 minutes.

Gradually add milk and broth, whisking them in.

Bring to a boil.  Add barley and parsley.

Simmer about 1 hour or until barley is tender, stirring occasionally.  Additional water or milk can be added if too thick.  Use as much meat as you want, breaking it up in soup.

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**Babka (Coffee Bread)**

1 pkg yeast

1/4 C. lukewarm water

1 pint milk

1/4 lb. butter

1/2 tsp. salt  
3/4 C. sugar

2 eggs

1 C. raisins

4 1/2 C. flour (approx.)

Dissolve yeast in water and set aside.

Scald milk in pan, add butter, salt and sugar and let entire mixture cool off.

Add yeast, eggs, and raisins to milk mixture.

Start adding flour, beating "real well."

Let rise until double in bulk, (about 1-1½ hrs.)

Punch down, knead a bit (using a rubber spatula since dough will be like cake dough).

Place in well-greased and floured angel food cake pan.  Let rise again (about 1 hour).

If you wish, brush dough carefully with milk to get brown.

Bake first in 400\* oven for 15 minutes; then in 350\* oven for 45 minutes (maybe 5-10 min. more).

Cool in pan and turn onto plate.

Top with icing:  1 C. powdered sugar, 2 tsp. orange juice or other flavor.

Let it trickle down sides.