

# LUKAS VOLGER

## Barley & Almond Porridge

This porridge method is from Amy Chaplin's indispensable book [Whole Food Cooking Every Day](#). While hulled barley is more of a whole grain than pearled barley, both work here. My oatmeal/porridge toppings are usually savory, so I don't add ground cinnamon, ginger, or cardamon or any of the warm spices to this, but know that can be a way to give it more personality. A touch of sweetness is necessary to make the most of the almond flavor, hence the sugar or other sweetener.

Makes about 3 servings

1/4 cup raw almonds

1/2 cup barley, pearled or hulled

3 cups water

1/2 teaspoon kosher salt

1 teaspoon sugar, honey, or other sweetener (date syrup, maple)

In separate bowls, cover the almonds and barley with about plenty of water. Know that the barley will swell significantly. Soak overnight, or for at least 8 hours.

Drain and rinse the almonds, then transfer them to the pitcher of a blender. Add the 3 cups water and salt, and blend until liquefied. Drain and rinse the barley, then add that to the pitcher as well. Blend until the grains are well ground, or more thoroughly if you prefer a smooth porridge (they'll sink to the bottom of the blender when the motor is off).

Transfer the contents to a saucepan and bring to a simmer. Cook, stirring often with a spatula to prevent scorching on the bottom of the pan, for 15 to 20 minutes, until the mixture thickens and the grains are pleasantly chewy. Stir in the sweetener and simmer for a few minutes more so that it dissolves. Once cooled, store leftovers in an airtight container in the refrigerator for up to 4 days.