

Blueberry Barley Pudding

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1 C pearled barley
3 C milk
Pinch of salt
½ C sugar
1 t cinnamon

1 C fresh blueberries
1 t vanilla extract
1 C half and half
2 eggs, beaten

Combine barley, milk, cinnamon, sugar, and salt in a large saucepan over medium heat. Bring to a boil, then reduce to a simmer. Simmer for 45 minutes, stirring occasionally. Add fresh blueberries and simmer for 15 more minutes.

Remove the pan from the heat and stir in vanilla extract, half & half, and beaten eggs. Combine thoroughly and return to low heat. Stir constantly until mixture becomes thick (or reaches about 170° on a thermometer).

Transfer pudding to a bowl and cover with plastic wrap (lay the plastic wrap directly on the pudding to prevent a skin from forming). The pudding will thicken more as it cools.

You can serve this warm, room temperature or chilled. Do not leave the mixture out on the counter to cool for more than an hour. It should be refrigerated for storage.

To serve, sprinkle with fresh blueberries or any other diced fruit.

Serves 4

