

## Functional Food Barley Recipes

The gluten in barley lacks the functionality of the elastic or extensible gluten found in hard and soft wheats, for bread and biscuit making respectively. Therefore barley may be substituted for only a proportion of wheat in bakery products, and wheat flour with the appropriate type of gluten should be included. Barley gluten is not safe for coeliacs.

Inclusion of barley flour in bread will decrease loaf volume. This decrease is acceptably small when the inclusion rate of barley is 25% of the total flour weight. Barley starch has the ability to form gels and absorb large quantities of water. Therefore, a wetter dough is needed to avoid problems with cracking.

The 1 kg sample should be enough for several baking sessions. Try using a proportion (with your usual wheat flour) in scones and cakes. Because the flour is stone-ground and contains no preservatives, it is best used within 3 months – flavour will be best when fresh.

### **Wholemeal Barley Loaf** (hand bake or machine)

3-4 g fast action yeast  
100 g barley flour  
150 g very strong white flour  
150 g wholemeal wheat flour  
5 g salt  
30-40 g olive oil  
300-310 water

Use the ‘wholemeal’ or ‘multigrain setting if using a machine; if hand baking, allow time after mixing for the barley to absorb water before kneading.

### **Barley Pancakes** (adapted from Elizabeth David, 1977)

3 g fast action yeast  
3 oz barley flour  
3 oz wholemeal wheat flour  
4 eggs  
¾ pint milk  
tsp salt

Warm ½ pint milk, add yeast and flour and mix well. Leave for an hour to ferment, until risen and bubbly. Add salt, eggs and remaining milk (no need to warm). Leave for another hour. Once batter is bubbly make thin pancakes (really good fried in a little olive oil).

For more information visit: <http://barley.bangor.ac.uk/>