

Apple or Pear Barley Pudding (Two Ways)



Serves	6
Prep time	2 hours, 30 minutes
Cook time	30 minutes
Total time	3 hours
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Dessert
Misc	Child Friendly , Pre-preparable , Serve Cold
Region	Irish

Ingredients

- 700g pears or Red/Golden Delicious apples
- 4 heaped tablespoons pearl barley
- 4 tablespoons lemon juice substitute (Refer to recipe)
- 4 cups water

If stirring in:

- 2 tablespoons double or thickened cream

If layering:

- 1 cup whipping cream
- 1 teaspoon pure icing sugar

Directions

1. Peel, core and thinly slice the apples or pears and place in a large saucepan.
2. Add the barley and water and bring to a boil. Allow to simmer for about 30 minutes, or until both the fruit and barley are cooked and soft.
3. Remove from the heat and puree in a blender or by pushing through a sieve.
4. Return the mixture to the saucepan and add the lemon juice substitute.
5. Bring to the boil again and allow to simmer for five minutes.
6. Remove from the heat and allow to cool then place in the fridge until it is very cold..

If stirring in:

7. Stir through the thickened cream and serve in bowls.



If layering:

8. Whip the cream with the icing sugar until thick.
9. Layer the barley mix in a glass with the cream in the middle and a dollop of cream on top.



Note

Low / Moderate Salicylates, Low Glutamates, Low Amines

Low Chemical / salicylates if using pears. Moderate salicylates if using Red or Golden Delicious apples.

The [original recipe](#) for this dessert used tart apples and added 4 tablespoons of sugar at step 4. The apples and pears used in this recipe were sweet enough to not need the sugar.