



Pearl barley risotto with oven-roasted Tomatoes



DIFFICULTY: EASY



PREPARATION TIME: 20
MINUTES



COOKING TIME: 55 MINUTES



SERVES: 4

Ingredients

Roasted Tomatoes

5 tbsp olive oil
1 pinch salt
Freshly ground pepper
1 garlic cloves
2 tsp maple syrup
1 kg tomatoes
1 bunch thyme

Risotto

1 small onion
1 tbsp olive oil
250 g pearl barley
approx. 20 saffron threads
750 ml vegetable stock
200 ml soy cream
2 tbsp yeast flakes
1 pinch salt

Topping (optional)

1 tbsp parsley
1 – 2 tsp thyme leaves
1 – 2 basil leaves
2 tsp lemon zest
Freshly ground pepper

Method

Preheat the oven on [CircoTherm®](#) to 180°C or 200°C top/bottom heat. Mix the olive oil with the salt, pepper, finely chopped garlic and maple syrup. Rinse the tomatoes and thyme, and pour the garlic oil over them. Roast the marinated tomatoes with the thyme in a roasting pan at for approximately 20 minutes.

Peel and dice the onion and sauté in a saucepan with some olive oil until translucent. Add pearl barley and saffron, and pour in the vegetable stock. Simmer gently for approx. 25 minutes. Stir occasionally while cooking. As soon as the pearl barley has soaked up the vegetable stock, add the soy cream, yeast flakes and salt, and continue to cook until the risotto is creamy and al dente.

Season with a little olive oil, parsley, salt and pepper and allow to rest on the coktop for 5-10 minutes with the lid on.

Serve the risotto with the oven-roasted tomatoes and additional topping items.

Notes