

Brown Rice with Toasted Whole Barley

3 cups short grain brown rice
1/2 cup whole barley
4 1/2 cups water
1/2 teaspoon sea salt

1. Wash the rice, drain and place in the pressure cooker.
2. Rinse the barley separately and toast in a dry skillet over medium flame until it smells fragrant. Add to the rice in pressure cooker.
3. Add water to the pressure cooker.
4. Slowly bring the grain to simmer with the lid off until the water begins to steam.
5. Add the sea salt. Place the lid on the pressure cooker and bring up to full pressure.
6. Place a heat deflector under the pot. Reduce the heat to a medium low.
7. Cook an additional 55 minutes.
8. Remove pressure cooker from stove and let rest for 10 minutes. The steam loosens the grain from the bottom of the pressure cooker.
9. Release any remaining pressure from cooker and remove lid.
10. Place in a serving bowl. Mix the top and bottom rice by slicing and folding with a rice paddle.
11. Transfer to a serving bowl and cover with a cloth or mat until served.