

oh la  
**VACHE**

# Recipes & Wine Pairings

## **BARLEY** WITH HAM, CHEESE, BROCCOLI, SPINACH & TRUFFLE CHEESE

**WINE PARING:** CAMP CABERNET SAUVIGNON FROM HOBO WINES

*Did you know that Barley is one of nature's most healthy gifts to us? It helps with lowering your blood pressure, cholesterol, helps your cardiovascular system, helps lose weight, helps digestion, it has more potassium than a banana, it's **LOADED** with protein, tons of vitamin B and magnesium, which is good for your mental health. It also can help prevent cancer. Having said that, let's throw some ham and cheese on it.*

Serves 4

Total Time 30 Minutes

**BOLD** items can be found in the shop

### INGREDIENTS

- 1 CUP OF UNCOOKED BARLEY
- 8 THIN SLICES OF GUANCIALE
- 5 OUNCES OF FRA'MANI ROSEMARY HAM (NOT SLICED)
- 1 BROCCOLI FLORET
- 2 PINCHES OF SALT
- 2 CUPS BABY SPINACH (NOT PACKED)
- 3 OUNCES OF TOMARASHI CHEESE
- 3 OUNCES OF MOLITERNO AL TARTUFO CHEESE
- 1.5 TABLESPOONS OF RUSTICO EXTRA VIRGIN OLIVE OIL
- 1 LEMON
- 4 EGGS (OPTIONAL)
- BLACK PEPPER TO TASTE



**SCAN QR CODE** for full recipe & instructions