



OtankiMill.eu

Logistics Services • Grain Processing

Premium Pearl Barley

Made of selected barley varieties

Grown at the request of **OtankiMill**

Produced applying experience
of over 20 years

Packed according to your
demands and wishes

Highest quality Premium
and Mini pearl barley selected
and grown in Latvia –
**source of proteins and
mineral substances.**

Nutritional value per 100g

Energy value	330 kcal
Protein	9,9 g
Fat	1,2 g
Saturated fatty acids	0,2 g
Fibre	15,6 g
Beta-glucanin	4.5 %

	Length/diameter	Cooking time, min.	Period of use, months
Mini	<3 mm 95%, 3-5 mm 5%	16-18	24
Premium	4.5-6 mm / 3-4 mm	18-20	24

Fresh corn, mozzarella, shrimp and pearl barley salad with avocado and coconut cream dressing

4 portions

For salad

- 200 g of Premium pearl barley
- 140 g sweet canned corn
- 125 g mini mozzarella
- 5 tablespoons olive oil
- 1 onion, chopped
- shrimps
- handful of yellow plum tomatoes
- handful of parsley and mint finely chopped
- salt and black pepper according to taste
- 2 tablespoons of finely chopped pistachio (for decoration)

For dressing

- 1 avocado
- 200 ml coconut cream
- juice squeezed from half lime
- piece of fresh ginger (chopped)
- 1 tablespoon of honey
- salt and black pepper

Boil pearl barley for 20 min until soft, add olive oil, black pepper and salt. Chill. When chilled, add the remaining ingredients. Blend the ingredients of dressing in homogeneous mass.

Serve pearl barley salad with sprinkled pistachios pouring over the avocado dressing.

Pearl barley - healthy and valuable addition to cold and warm salads, soups, porridges, stews and roasts - is included in the recipes of different national dishes.

