

## **Queen Victoria's Soup, Glazed Carrots and Brussels Sprouts with Béchamel Sauce** (serves 6)

Ingredients for Soup: (pg. 152)

- 1 cup water
- 1/4 cup pearls barley
- 6 cups vegetable broth
- 1 cup heavy cream
- Salt and white pepper to taste

Bring the water to a boil in a heavy 2-quart saucepan or soup pot. Add the barley and cook for 5 minutes. Drain the barley and rinse with cold water.

Wipe out the pan. Add the broth and the drained barley and bring to a boil. Reduce the heat to a simmer and cook for 1 hour and 15 minutes.

Transfer 2/3 of the soup to a large bowl, leaving 1/3 of the soup in the pot. In batches, puree the soup removed to the bowl until very smooth, and then return it to the pot. Add the heavy cream, stir to combine, and season with salt and white pepper to taste.

Ingredients for Brussels Sprouts: (pg. 142)

- 1 pound frozen Brussels sprouts (use frozen sprouts for easier preparation)
- 1 cup water
- 1 tbsp butter
- 1 tbsp all-purpose flour
- 1 cup whole milk
- 1/4 tsp salt
- 1/8 tsp ground nutmeg
- Freshly ground pepper to taste

Bring the sprouts and water to a boil in a medium saucepan. Reduce heat to a simmer and cook sprouts until tender (about 7 minutes). Drain the sprouts and transfer to a serving dish.

Heat the butter in a skillet until foaming. Add the flour and stir to combine. Pour in the milk while stirring. Add the salt, nutmeg and pepper, continuing to cook, stirring constantly, until thick and bubbling.

Pour the sauce over the sprouts. Serve warm.

The sprouts can be stored with the sauce in the refrigerator up to 1 week but should be reheated gently over a low flame or in the microwave.

Ingredients for Carrots: (pg. 129)

- 16 medium carrots, peeled and sliced into 1/4-inch thick slices
- 1/2 cup water
- 2 tbsp golden syrup, maple syrup or corn syrup
- 1/4 tsp salt
- 1 tsp ground cinnamon

Combine the carrots, water, syrup, salt and cinnamon in a skillet and bring to a boil, stirring occasionally with a wooden spoon. Reduce the heat and simmer the carrots, uncovered until the carrots are somewhat softened but not yet tender (about 5 minutes).

Raise the heat and boil until all the liquid evaporates. As the liquid starts to reduce, begin stirring more frequently. Keep cooking until the glaze starts to turn brown, stirring and scraping the bottom of the pan. Turn off the heat and serve immediately.