

# Barley Noodles—Made by Hand

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## Ingredients

- 1½ cups barley flour
- ½ cup whole wheat or all-purpose flour
- 3 large eggs
- 2–3 teaspoons cold water (less if dough is wet, more if dry)
- 1 teaspoon salt for cooking water

## Equipment

- medium bowl
- wooden spoon
- measuring cups and spoons
- rolling pin and sharp knife
- 4-quart cooking pot

## Method

1. Mix barley flour and all-purpose or whole wheat flour thoroughly. Make well in center.
2. Add eggs to well and mix with wooden spoon or by hand.
3. Add water slowly, and as needed, and mix until the dough is well blended. The dough should form into a pliable ball and not stick to your hands.
4. Knead by hand on lightly floured surface (using whole wheat or all-purpose flour) about 1 minute
5. Break dough into 8 pieces and roll each piece into a ball.
6. Flatten one dough ball at a time. Cover remaining dough balls with a bowl to prevent them from drying out.
7. Using rolling pin, roll dough to about ¼ inch thick on *unfloured* surface. Fold dough in half and repeat about 8–10 times.
8. Roll dough to desired thickness with rolling pin (about ⅛ inch thick). If dough is sticking, sprinkle very lightly with flour.
9. Cut into long, thin strips using the sharp knife.
10. Lay finished noodles on a tray to dry for about an hour.

## Cooking Method

- Bring 3 quarts of water to a rolling boil in a large pot.
- Add 1 teaspoon salt to boiling water.
- Add noodles and boil about 3 minutes.
- Remove from pot and drain excess water.

Makes about 3 servings



**Total Cost: \$1.07**

**Cost per serving: \$0.36**

\*Cost is based on lowest available price in Fairbanks, Alaska in 2010. Sale prices are not included in the assessed prices for each ingredient. Cost is based on quantity of the ingredient used in this recipe.

## Tips

- If dough is sticky, lightly dust in whole wheat or all-purpose flour before rolling.
- Store in covered container in refrigerator for up to 5 days.
- Replace eggs with desired egg replacement product to reduce cholesterol.
- Dehydrate the noodles for later use:
  - Gently pull noodles apart and place into piles about 2 inches in diameter and 1 inch high.
  - Place piles on dehydrator tray.
  - Dehydrate at 135°F for about 2–4 hours or until dry.
  - Store in airtight plastic bag.

## Nutrition Facts

Serving Size (140g)  
Servings Per Container: About 3

Amount Per Serving

Calories 380    Calories from Fat 20

% Daily Value\*

Total Fat 7g    11%

Saturated Fat 1.5g    8%

Trans Fat 0g

Cholesterol 195mg    65%

Sodium 75mg    3%

Total Carbohydrate 63g    21%

Dietary Fiber 10g    40%

Sugars 2g

Protein 16g

Vitamin A 6%    •    Vitamin C 0%

Calcium 2%    •    Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4





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