

4. Kuba 2024

Mushroom Kuba (Houbovy Kuba)

6 servings

Ingredients:

Soaking:

2 cups of dried pearl barley

6 cups of cold water

Cooking pearls barley:

4 cups of water

1 TSP of whole caraway seeds

Cooking:

5 TBSP of lard - adjust if needed (or frying oil)

1 large onion - peeled and finely chopped

1 LB of mushrooms of your choice

½ stick (4 TBSP) of butter – cut into a few slices

2 TBSP of dried marjoram

5 cloves of garlic – peeled and grated (or pressed)

1 TSP of salt

½ TSP of ground pepper

To grease a baking dish:

Stick of butter – from refrigerator (you will use only part)

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Medium Mixing Bowl (about 3 - 4 QT)

Plate

Colander

Large Saucepan or Medium Pot (about 6 QT)

Wooden Spoon or High-Temperature Silicone

Large sauté pan or stir fry pan

Small Hand Grater or Garlic Press (for garlic)

Baking Dish

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Directions:

Already prepared:

1. Soak pearls barley:

1.1. Place into a medium mixing bowl:

2 cups of dried pearl barley

6 cups of cold water

Thoroughly stir.

1.2. Cover with a plate and let sit in water until partially softened (about 2 – 3 hours or overnight).

Start here:

1.3. Before cooking, drain the pearl barley over a colander.

2. Cook pearls barley:

2.1. **Place into the pot:**

Drained pearl barley

4 cups of water

1 TSP of whole caraway seeds

Briefly stir, cover with the lid, place it on medium-high heat and bring it to a light simmer (temperature about 195°F).

2.2. Cook, covered with the lid, stirring occasional, until the pearls barley are soft and their texture is pleasant to eat (usually about 30 – 40 minutes).

Important:

- Taste before completing this step.
- Add more water if the liquid dilutes too much during cooking.

2.3. Set aside for a later step.

3. Sauté onion:

3.1. Preheat a sauté pan on medium-high heat with **5 TBSP** of frying oil and add:

1 large onion - finely chopped

Sauté with occasional stirring until glossy (about 2 - 3 minutes).

3.2. Then add:

1 LB of mushrooms of your choice

Sauté until mushrooms get nicely cooked and reduce their volume (usually about 3 – 5 minutes).

3.3. Add:

Cooked pearls barley

Sauté for an additional 3 - 5 minutes while constant stirring.

3.4. Set the pan on the burner (leave pearl barley, mushrooms, and onions in the pan).

4. **Baking preparation:**

4.1. Set oven to preheat to 350°F.

4.2. Remove a stick of butter from the refrigerator and grease the baking dish.

5. **Assemble:**

5.1. Add to the sauté pan (at this point out of burner):

½ stick of butter – cut into a few slices

2 TBSP of dried marjoram

5 cloves of garlic – grated

1 TSP of salt

½ TSP of ground pepper

Thoroughly stir until fully combined.

5.2. Taste and add salt and pepper if needed.

5.3. Place the mixture into the baking dish and smooth it out with a spatula.

6. **Bake & serve:**

- 6.1. Place into the preheated oven and bake until the surface turns a nice, appetizing color (usually about 15 minutes).
- 6.2. Remove from the oven (can be served immediately).
- 6.3. Scoop on individual plates & serve.

Bonus Recipe:

Rum Pralines

11 - 12 pralines

Ingredients:

Coating:

1 cup of whole walnuts

Praline dough:

¼ cup of whole walnuts

3.5 OZ of ladyfingers

½ cup of confectioners' sugar

3 TBSP of raspberry preserve (or strawberry)

3 TBSP of butter – room temperature

2 TBSP of rum extract*

1 TBSP of cocoa powder

*I use this one: <https://tinyurl.com/yeu2jfub>

Tools:

Measuring Spoons & Measuring Cups

[Kitchen Food Processor](#)

Medium Mixing Bowls (about 3 - 4 QT)

Silicone Spatula

0.75 FL OZ disher or Kitchen Scale [or set of spoons](#)

Directions:

1. **Coating:**

1.1. Place into a kitchen processor:

1 cup of whole walnuts

Process on high speed until a fine texture is reached (there can be some larger pieces).

1.2. Place it into a medium mixing bowl for later coating.

Note: There is no need to clean the kitchen food processor for the next step.

2. Praline Dough:

2.1. Place into a kitchen processor:

¼ cup of whole walnuts

3.5 OZ of ladyfingers

Process until a fine texture is reached (the nuts in the mixture can have a slight texture).

2.2. Add:

½ cup of confectioners' sugar

3 TBSP of raspberry preserve

3 TBSP of butter – room temperature

2 TBSP of rum extract

1 TBSP of cocoa powder

Process on medium speed until thoroughly combined and a dough-like texture is reached.

3. Form & coat the pralines:

3.1. Using 0.75 FL OZ disher or your hands and a scale, separate into about **1 OZ** of praline dough pieces.

3.2. Using your hands, roll into the nicely round balls.

3.3. Evenly coat in the walnut coating and place on a baking sheet or plate.

4. Resting & storing:

4.1. When all pralines are done, place them into a fridge, let them rest, and settle for at least one hour before serving.

4.2. Store in a refrigerator.

Disclaimer:

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- any health risk related to the incorrect handling of food and/or not following USDA recommendations, such as but not limited to, following the minimum safe serving temperatures
- provide health and dietary advice to readers
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