

## **KASZA KRAKOWSKA (White pin-head barley)**

### **INGREDIENTS**

½ lb kasza

1 egg

Salt

Water (1½ times the quantity of kasza)

### **METHOD**

Break the egg into the kasza and rub it in.

Place in a low oven for 15 minutes.

Add about 1 tsp salt.

Bring the water to the boil and pour over kasza, cover with a lid and cook for 30 minutes at 180°C.

Serve with poached eggs in béchamel sauce with added tomato purée

