JOB'S TEARS

UNIVERSITY OF MARYLAND EXTENSION | SHOP LOCAL EAT SMART

Ingredients:

- 1 Cup Job's Tears (Chinese pearl barley)
- 3 Cups Water
- 1 Tbsp. Olive Oil
- ½ Tsp. Dried Red Chili Flakes
- 1 In. Ginger, peeled and grated
- 1 Clove Garlic, peeled and minced
- 1 Cup Bok Choy, chopped
- 1 Tbsp. Soy Sauce
- Salt
- White Pepper
- Ground Chili Flakes



Instructions:

1. Rinse 1 cup dried Job's Tears in a colander.
2. Add your rinsed dried job's Tears in a pot and add enough water to cover the Job's Tears by a couple of inches. Put a lid on your pot.
3. Bring your job's tears to a boil then reduce the heat to a slow simmer and cook for about 45- 55 minutes or until tender but chewy in texture.
4. Optional: Stir Fry with additional ingredients as described below
5. Add the olive oil, chili, ginger and garlic to the pan. Cook until aromatic about 30 seconds. Add the cooked job's tears, chopped baby bok choy, soy sauce (tamari or coconut aminos to keep it gluten free) and salt and white pepper to taste. Toss until greens are vibrant green in color about 1 minute in the wok.
6. Garnish with chili if desired and enjoy!

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