

## SAN DIEGO FOOD FINDS BLOG

SAN DIEGO'S BEST RESTAURANTS, MARKETS AND LOCAL CULINARY OFFERINGS PO BOX 675362 RANCHO SANTA FE CA 92067

# Mac and Cheese or Barleymac

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This American favorite made its way to the United States when Thomas Jefferson visited France and brought back a pasta machine and classic pasta staples of Europe. In 1802, he served the first Macaroni and Cheese at a state dinner.

Today, nothing says “comfort food” like a bowl of creamy mac and cheese. It’s a dish that people of all ages flock to for its simplicity and rich flavor—and it just got better! [barleymash](#) is taking mac and cheese to a whole new level with a spin on the classic American meal. Whether you already love mac and cheese or you’re looking to try something different, barleymash will have you cheesin’ with their “barleymacs.”

The lively eatery is known for its progressive, alcohol-infused dishes, and the barleymacs are no exception. For those who love veggie-filled items, Brussels Heaven is the way to go. The cheesy delight is filled with roasted brussels sprouts, whiskey-caramelized onions, crispy prosciutto, shaved parmesan and a balsamic-Jager drizzle. Looking for something ultra decadent? The Bleu

Shroom is loaded with wild and domestic mushrooms, whiskey-caramelized onions, bleu cheese crumbles and a balsamic-Jager drizzle.

Meat lovers rejoice! The masterminds at barley mash present The Mash, El Chingón and The Hog Ranch barley macs. The Mash is made with ale-braised pulled pork, bourbon-bbq sauce, fresh jalapeños and crispy tobacco onions. Take a walk on the wild side with the south-of-the-border inspired El Chingón, sizzling with spiced rum and chimichurri marinated prime carne asada, salsa fresca and sour cream. The Hog Ranch is equally delicious with mouthwatering applewood-smoked bacon, house made ranch and chopped green onions.

Don't miss out on The Maine Event or Duck, Duck, Goat, offering rich flavors that will spice up your meal! The Maine Event is prepared with añejo tequila and butter-poached Maine lobster meat, white truffle oil and parmesan. Get your taste buds ready because the Duck, Duck, Goat, made with spiced duck confit, crispy duck skin, goat cheese, baby arugula and balsamic-Jager drizzle, reinvents the typical mac and cheese experience.

Barley mash serves up a plate full of flavorful possibilities with their eclectic barley macs. Whether you are in the mood for the Latin-inspired El Chingón, or a savory mac such as the Bleu Shroom, barley mash will have your inner mac and cheese lover getting cheesy wit' it!