

Scotch Broth



INGREDIENTS

- 6 lamb neck chops
- 2L water
- 3/4 cup pearl barley
- 1 medium brown onion, chopped coarsely
- 2 medium carrots, chopped coarsely
- 1 medium leek, chopped coarsely
- 2 turnips, trimmed, chopped coarsely
- 2 cups loosely packed, finely shredded savoy cabbage
- 2/3 cup frozen peas
- 2 tbsp coarsely chopped fresh flat-leaf parsley

SERVES 6.

DIRECTIONS

1. Combine lamb, the water and barley in large saucepan. Bring to the boil; simmer, covered, 1 hour, skimming fat from surface occasionally.
2. Add onion, carrot, leek and turnip; simmer, covered, about 40 minutes or until vegetables are tender.
3. Remove lamb from soup; remove meat from bones, discard bones, coarsely chop meat.
4. Return lamb to soup with cabbage and peas; cook, uncovered, 10 minutes.
5. Just before serving, stir in parsley.

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