



Scotch Broth

INGREDIENTS - serves 6

75g / 1/3 cup pearl barley

1kg neck or shoulder of lamb

2 litres water

1 onion chopped

1 leek chopped

2 carrots chopped

2 turnips chopped

2 celery stalks chopped

2 potatoes chopped

1/4 Savoy cabbage shredded

Handful fresh parsley

1 bay leaf

Bunch of thyme

Ground black pepper

Salt

METHOD

- Soak the pearl barley in a bowl of water whilst you prepare the vegetables
- Put the meat in a large saucepan and cover with the water. Bring to a simmer, skim off the fat and add the onion, bay and thyme. Simmer for 1 hour
- Add all the vegetables apart from the cabbage and potatoes to the pan, season and simmer for 30 minutes
- Sieve and rinse the pearl barley, add to the pot with the potatoes. Simmer 30 minutes
- Stir in the cabbage, simmer until the lamb falls from the bone.
- Lift the meat from the pot, pull the meat off and put back in the pot
- Serve with parsley garnish