

MUTTON BROTH

Like mutton, chunky home-made soups are gaining a new following. This recipe combines both trends in a warming broth ideal for chilly days. It requires some crusty bread and little else.

SERVES: 6

INGREDIENTS

- 1kg (2.2lb) 1/2 leg of mutton with bone removed
- 3 litres (5 1/4 pints) fresh lamb stock or made with good quality cubes
- 225g (8oz) barley
- 175g (6oz) green and yellow split peas
- 1 large onion, finely chopped
- 1 leek, finely chopped
- 2 big carrots, finely chopped
- 3 small turnips, finely chopped
- 1/2 swede, finely chopped
- 2 celery stalks, finely chopped
- Oil for frying
- 50g (2oz) chopped parsley to garnish

METHOD

1. Wash the pulses and soak overnight.
2. Place the mutton in a pan and cover with the stock. Cook for approximately 1 1/2 hours or until the meat is tender. Top up the pan with water if necessary to ensure the meat remains covered. Skim off any crust that forms on the surface.
3. Remove meat from the stock and cut into chunks when it is cool enough to handle.
4. In another large pan heat a little oil and sweat off the finely chopped vegetables until soft then add the barley, split peas and the stock from the mutton pan.
5. Add the diced meat to the vegetables, adjust the seasoning and cook for a further 30 minutes. Finish with chopped parsley.