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by ewfood

Scottish Broth

Ingredients

250g Mutton (Shank or Flank) or 250g Beef (Flank or Runner)
2 Litres of Water
1 Small Parsnip
Small piece of Cabbage
2 Carrots
1 Leek or Onion
100g Turnip
50g Barley
Chopped Parsley
25g Dried peas (soaked overnight)
Salt and Pepper

Preparation

- 1 Dry fry the barley and put in a pan with chosen meat, water and peas
- 2 Bring the ingredients to boil and simmer for 1–1.5 hours
- 3 Dice the vegetables and add to the pan, but not the cabbage, green of the leek or the parsley
- 4 Season with salt and pepper to taste and slowly cook for a further 30 minutes or until the vegetables are tender
- 5 Shred the green of the leek and cabbage and add to the pan.
- 6 Boil for 10 minutes, again check the seasoning, add parsley and serve

Cooks Note
