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## 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

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