

Welsh cawl – Cawl cymreig

Makes 8



Pronounced 'cawl' this is a Welsh hearty soup. This was traditionally made with whatever ingredients were available but nowadays it usually contains lamb and leeks. It is best made the day before you need it to allow the flavours to develop and so excess fat can be skimmed off.

Ingredients (allergens in bold)

- 750g best end of neck lamb chops
- 1 large onion - sliced
- 3 leeks - trimmed and sliced
- 2 carrots - peeled, trimmed and sliced
- 1 small swede - peeled and diced
- 2 tablespoons parsley - finely chopped
- 6 small potatoes - peeled and cut into chunks
- freshly ground black pepper
- 600ml water

Method

1. Trim the excess fat off the chops. Place the chops in a saucepan and cover with cold water. Grind in some black pepper and bring to the boil and simmer for 1 hour.
2. Remove pan from heat and allow to cool.
3. Skim off and discard the fat from the top of the liquid using the flat spoon.
4. Put all the vegetables except the potatoes, a third of the leeks and half the parsley into the pan. Simmer for 1 hour.
5. Add the potatoes and simmer for 20 minutes.
6. Add the remainder of the leeks and parsley and cook for another 15 minutes.
7. Serve with crusty bread.



Equipment

- Chopping board
- Sharp knife
- Wooden spoon
- Flat spoon
- Large saucepan with lid
- Measuring jug
- Vegetable peeler
- Ladle