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# Lamb and barley broth

BY JILL DUPLEX

TIME: 1-2 hours



Lamb and barley broth

This isn't so much a soup as a meal. Long, slow cooking brings out the flavours.

## Ingredients

100g pearl barley  
 2 lamb shanks or 750g neck or shoulder of lamb, cut into large chunks  
 2.5 litres cold water  
 1 tsp salt  
 1 onion, peeled and diced  
 2 leeks, chopped  
 300g swedes, peeled and diced  
 300g carrots, peeled and diced  
 200g savoy cabbage, finely shredded  
 2 tbsp parsley, finely chopped

## Method

Combine the barley, lamb, water and salt in a large pot. Bring slowly to the boil, skimming off the froth that rises to the surface. Cover and simmer gently for one hour.

Add the onion, leeks, swedes and carrots and simmer for a further hour. Add the shredded cabbage and cook for 10 minutes or until tender.

Remove the lamb and finely shred the meat, discarding bones.

Return the meat to the broth, heat through and season to taste.

To serve

Serve hot, scattered with parsley.

This recipe is featured in the book, Autumn which is available now in all good bookstores RRP \$34.95. To order direct call 1300 656 059 or visit [www.smh.com.au/store](http://www.smh.com.au/store)