

# Vegetable, barley & lamb shank broth



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### Ingredients:

- 3 small lamb shanks, trimmed of fat and sinew
- 2.5 L water
- 1/3 cup pearl barley, rinsed
- 2 medium leeks
- 1 stick celery
- 2 large carrots
- 1 medium swede
- 1 medium parsnip
- 1 medium turnip
- 1 cup finely shredded Savoy or Chinese cabbage
- salt and ground black pepper
- crusty bread, to serve

*This soup can be made the day before serving and stored in an airtight container in the fridge. Remove and discard any fat on the surface before reheating.*

### Health benefits of leeks:

- A good source of dietary fibre, which helps prevent constipation.
- Leeks supply vitamin C and also vitamin E, one of the antioxidant vitamins needed to preserve healthy membranes around every body cell.

### Method:

1. Place lamb shanks and water in a large deep saucepan. Bring to the boil over medium heat, skimming froth on surface often. Stir in barley. Reduce heat to medium-low, partially cover and simmer, stirring occasionally, for 1 hour.
2. Meanwhile, trim and halve leeks lengthways. Thinly slice leeks and celery. Peel and cut carrots, swede, parsnip and turnip into 1-cm pieces. Add vegetables to soup. Stir to combine, cover and simmer, stirring occasionally for 45 minutes.
3. Add cabbage to soup and stir to combine. Partially cover and simmer, stirring occasionally, for a further 30 minutes.
4. Remove lamb shanks to a board. Chop lamb flesh into small pieces, discarding sinew and bones. Add lamb to soup and season with salt and pepper to taste. Stir to combine and simmer for 10 minutes. Serve with crusty bread.

**Serves:** 4 as a main meal

**Preparation:** 20 minutes

**Cooking:** about 2 hours 15 minutes