

Winter vegetable, barley & lamb shank soup



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Preparation: about 25 minutes

Cooking: about 2 hours 15 minutes

Serves: 4 as a main meal

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.

- 3 trimmed lamb shanks
- 2.5 litres (10 cups) water
- 1/3 cup pearl barley
- 2 leeks, trimmed, halved lengthways and thinly sliced
- 1 stick celery, thinly sliced
- 2 large carrots
- 1 swede, peeled and diced
- 1 parsnip, peeled and diced
- 1 turnip, peeled and diced
- 1 cup finely shredded Chinese cabbage
- 2 tbs finely chopped flat-leaf parsley
- salt and ground black pepper



Leeks

- A good source of dietary fibre, which helps prevent constipation.
- The green parts of the leek are a source of several members of the carotenoid family, including beta carotene which functions in the body as an antioxidant.

1. Place lamb shanks and water in a large deep saucepan. Bring to the boil, skimming froth occasionally, over medium heat. Stir in barley, partially cover and simmer, stirring occasionally, over medium-low heat for 1 hour.
2. Add celery, carrot, swede, parsnip and turnip to soup. Stir to combine, cover and simmer, stirring occasionally, over low heat for 45 minutes. Stir in cabbage, partially cover and simmer, stirring occasionally, over low heat for 30 minutes.
3. Remove lamb shanks to a board and chop flesh into small pieces. Add lamb and parsley to soup and season with salt and pepper to taste. Simmer, stirring occasionally, for 10–15 minutes over low heat. Serve with crusty bread if desired.