

# Winter vegetable, barley & lamb shank soup



## Winter vegetable, barley & lamb shank soup

Preparation 25 mins | Cooking 2 hours 15 mins | 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**

**10 cups water**

**½ cup pearl barley**

**2 leeks, trimmed, halved lengthways and thinly sliced**

**1 celery stick, thinly sliced**

**2 large carrots, peeled and diced**

**1 swede, peeled and diced**

**1 parsnip, peeled and diced**

**1 turnip, peeled and diced**

**1 cup finely shredded Chinese cabbage**

**¼ cup flat-leaf parsley leaves, chopped**

**Crusty bread, to serve**

**STEP 1** Place lamb shanks and water into 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.

**STEP 2** Add celery, carrots, swede, parsnip, turnip and cabbage to soup. Stir to combine, cover and simmer, stirring occasionally, for 45 minutes.

**STEP 3** Remove lamb shanks to a board and shred flesh (discard bones). Add lamb and parsley to soup. Season with salt and pepper to taste. Simmer soup, stirring occasionally, for a further 10-15 minutes. Serve with crusty bread.