
Scotch Broth

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Scotland's classic scotch broth is a soul-warming soup made with lamb, barley, and root vegetables.



YIELD: 12 SERVINGS

PREP TIME: 30 minutes

COOK TIME: 2 hours 30 minutes

TOTAL TIME: 3 hours

Ingredients

2 tablespoons olive oil or vegetable oil

2 1/2 pounds lamb, shoulder, neck or leg, cut into 1-inch pieces.

1 teaspoon sea salt

1/4 teaspoon freshly ground black pepper

10 cups chicken stock, water or a combination of both

1/4 cup pearl barley

2 bay leaves

1 bouquet garni (*stems of fresh thyme, oregano, parsley, and rosemary tied together with string*)

2 medium leeks - white and light green only, chopped.

1 medium onion - chopped.

2 small turnips, peeled and cut into cubes.

3 medium carrots, peeled and cut into small cubes.

1 cup shredded cabbage

Salt & Pepper to taste.

2 tablespoon fresh parsley for garnish

Instructions

1. In a heavy-bottomed pot or Dutch oven, over medium-high, heat the oil and add the lamb pieces, sprinkle the meat with the salt and pepper and sear, about 8 minutes.
2. Pour in the chicken stock, scraping up any bits left in the pot from the searing. Stir in the pearl barley, bay leaves and the bundle of fresh herbs. Bring the pot to a boil, reduce the heat to low and simmer for 1 hour with the lid on the pot but slightly ajar.
3. Add the leek, onion, turnip, and carrots to the pot, stirring to combine. Return the soup to a boil then reduce the heat to low and simmer for an additional 30 minutes.
4. Stir the shredded cabbage into the soup and simmer for another 15 minutes. Remove and discard the bay leaves and the remains of the herb bundle.
5. To serve, ladle into soup bowls and garnish with chopped parsley. Serve with warm crusty bread.

Nutrition Information: YIELD: 12 SERVING SIZE: 1 Amount Per Serving: CALORIES: 254
TOTAL FAT: 11g SATURATED FAT: 3g TRANS FAT: 0g UNSATURATED FAT: 7g
CHOLESTEROL: 66mg SODIUM: 567mg CARBOHYDRATES: 13g FIBER: 2g SUGAR: 5g
PROTEIN: 25g Nutrition information is a guideline only and is auto calculated.



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