



Cawl Cymreig (Welsh Broth)

Ingredients

450g/1 lb lamb leg, boneless
1 onion, chopped
50g/2oz butter
225g/8oz leeks
225g/8oz carrots
225g/8oz swede
110g/4oz celery
1.7 litres/3 pints water

Method

Peel all the vegetables. Put the lamb leg in a saucepan. Boil slowly with the onion and carrot peelings, and any left over pieces of leek (do not use the swede peelings) for 45 minutes.

Dice the leeks, the celery, the carrots and the swede very finely. Place in a pan and sweat off with the butter until soft.

Take out the lamb and also dice finely.

Strain the remaining stock and pour over the diced vegetables and simmer for 20 minutes.

Add the diced lamb and serve with crusty bread.

Enjoy!