

Welsh Cawl Broth



This is a very popular dish with our guests at our 'Woodsaw and Wheel Kitchen Country Eatery' – we make it even more traditional by serving it with a wedge of Caerphilly cheese, Welsh cake and a crusty sourdough bap and Welsh butter – yummy.

METHOD

- 1** Place the meat in a large saucepan and cover with water, add salt and pepper.
- 2** Slowly bring to the boil and skim carefully.
- 3** Chop carrots, swede and slice the whites of the leeks and add to the saucepan.
- 4** Chop the potatoes and add, simmer for a further ½ hour.
- 5** Thicken with flours and water and add the chopped parsley and the green of the leeks.
- 6** Simmer for a further 15 mins.
- 7** Serve hot.

This Cawl is particularly tasty when left overnight and again served hot.

INGREDIENTS

**2 lb best end of neck
Welsh lamb**
1 small swede
½ lb carrots
1 lb potatoes
2 leeks
1 oz parsley
½ oz flour
Salt & pepper to taste