

Welsh Lamb cawl



Cawl is a hearty traditional Welsh soup or broth made with Welsh Lamb, root vegetables and leeks. It is best made the day before to allow the flavours to develop. Serve with crusty bread and a wedge of Traditional Welsh Caerphilly.

Serves 4 | **Prep** 30 minutes | **Cook** 2 hours 30 minutes

Ingredients

800g-1kg PGI Welsh Lamb* shoulder or middle neck, cut into chunks

2l water

1 tsp Anglesey Sea Salt / Halen Môn (PDO)^A

Cracked black pepper

4 medium potatoes, peeled and cut into 4cm chunks

3 medium carrots, peeled and sliced into 1cm rounds

1 small or half a large swede, peeled and cut into 2cm cubes

3 leeks, washed and sliced

Fresh parsley, chopped finely

4 wedges of Traditional Welsh Caerphilly (PGI)*

Method

- 01** Place the lamb in a large saucepan and pour over the water. Add salt and pepper and bring to the boil. Reduce the heat to a simmer, cover and cook gently for approximately 2 hours until the meat is tender.
- 02** Add the root vegetables and cook for 15-20 minutes until just cooked.
- 03** Add the leeks and cook for a further 10 minutes.
- 04** Adjust the seasoning to taste.
- 05** Leave to cool, preferably overnight.
- 06** When you are ready to serve, skim off any surface fat, remove any bones from the meat and heat until piping hot.
- 07** Ladle into deep bowls and sprinkle with fresh parsley. Serve with crusty bread and a wedge of the cheese.



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