

Cawl

Cawl, pronounced 'cowl' - classic Welsh pheasant stew. Traditionally the actual contents would depend on family preferences, what was in the larder and what was growing in the garden. 'Cawl' actually means soup. Usually made with bacon (my favourite) could also be made with mutton. Plenty of leeks, plenty of potatoes. Sometimes the stock is eaten first, followed by the meat and veg - rather like the French pot-ee-feu.

Serves 4

Ingredients

1 smoked ham hock, soaked overnight and rinsed well
1 neck of lamb or mutton, cut into chunks
2 onions, roughly chopped
10 black peppercorns
2 garlic cloves, sliced
a few sprigs of thyme
1 bay leaf
3 carrots, cut into rough chunks
2 medium leeks, halved, roughly chopped and well rinsed
1 small swede, peeled and cut into rough chunks
2 tablespoons roughly chopped parsley
salt and freshly ground pepper

Method

Put the ham hock, lamb, onions, peppercorns, garlic and thyme and bay leaf into a large pan, cover well with cold water and bring to the boil. Skim and simmer for 1½ hours.

Add the carrots, leeks and swede and continue cooking for another hour, or until the meat is tender.

Add the parsley, adjust the seasoning and simmer for a further 10 minutes.

Remove the ham from the bone in chunks and serve with pieces of lamb and vegetables, and the liquid.