

Scotch broth

Ingredients

- 250g/8oz carrots, peeled, diced
- 250g/8oz turnips, diced
- 2 onions, peeled, diced
- 1 celery stalk, diced
- 1 leek, white part only, sliced
- 75-125g/3-4oz pearl barley
- 125g/4oz dried peas, soaked in water for 4-5 hours, drained
- salt and freshly ground black pepper
- 2.3litres/4 pints lamb or mutton stock
- 85g/3oz kale, chopped (optional)
- salt and freshly ground black pepper

Preparation method

1. Heat all of the ingredients, except the kale, in a large saucepan until boiling.
2. Reduce the heat and simmer gently for a 2-3 hours, or until the peas and pearl barley are soft.
3. Stir in the kale and cook for a further 10-12 minutes, or until the kale is tender. Season, to taste, with salt and freshly ground black pepper.



over 2 hours

preparation time

1 to 2 hours

cooking time

Serves 6-8

By Mike Simpson

From Floyd on Britain and Ireland

This cheap and cheerful soup is perfect for the slow cooker - simply tip in all the ingredients and cook on high for 6-8 hours (or until the barley is soft).