



Scotch Broth

(makes 4 servings)

Ask any soup-making Scot for their Scotch Broth recipe and they are likely to be a little evasive. Not necessarily because they don't want to share, more likely because they never measure any of the ingredients, they just know when it's right. Same goes for this one which Jean has been making for more years than she cares to remember (the only way I could put a recipe together was because I watched her very carefully!)

Ingredients

90g broth Mix
1.7 litres beef stock
1 small shin/shank of beef or 250g stewing/chuck steak in a piece
1 tablespoon Worcestershire sauce
1 large leek, well-washed, coarse green tops removed and finely sliced
1 stalk celery, peeled and finely sliced
2 large carrots, peeled and diced
1 x 400g tin cooked butter beans, drained and rinsed
1 large bunch fresh parsley, stems removed and leaves roughly chopped
Salt and pepper

Method

Soak the broth mix in cold water overnight, drain and rinse.

Put the stock in a large soup pot and bring slowly to the boil, add the broth mix, beef, Worcestershire sauce, leek, celery and carrots and bring back to the boil.

Reduce the heat to a very low setting and simmer for 1 hour or until the meat is very tender and the vegetables and barley are cooked (if you are using stewing/chuck steak, 40 minutes will be plenty). Take the meat out, remove any fat and chop or shred the flesh with 2 forks.

Add the butter beans, beef and parsley to the pot and bring the soup back to the boil then reduce the heat, cover and simmer for a further 20 minutes. Season to taste and serve.

Like many broths, this soup is better on the second day. Add water whilst reheating if it is too thick.