



TRADITIONAL WELSH LAMB CAWL

INGREDIENTS

- 650g PGI Welsh Lamb shoulder or neck, diced
- Sprigs of fresh thyme
- Seasoning
- 2 litres vegetable stock
- 1 tbsp oil
- 1 large onion, roughly chopped
- 3 whole leeks, washed, trimmed and sliced
- 4 large carrots, peeled and diced
- ½ swede or 2 parsnips, peeled
- 4 large potatoes or 12 small potatoes, scrubbed and diced

Serves: 6

Preparation Time: 20 minutes

Cooking Time: 3 hours

METHOD

1. In a large saucepan, fry the lamb until brown.
2. Add the onion and leeks, and cook for 2 minutes, until soft.
3. Add the remaining ingredients.
4. Simmer on a low heat with the lid on, until the lamb is tender, which takes approximately 2 hours 30 minutes to 3 hours.
5. Best served with crusty bread and mature Welsh cheddar cheese.

