



Scotch Broth like a Scot

INGREDIENTS:

- 75g pearl barley
- 500g carrots, diced
- 500g cabbage, diced
- 1 large onion, roughly chopped
- 2 sticks celery, diced
- 2 tbsp oil
- 2.5 litres vegetable stock
- 200g chopped kale or spring greens
- Salt and freshly ground black pepper



METHOD:

1. Heat the oil in a large pan or pressure cooker
2. Add the onions and sauté on a medium heat for 2-3 minutes
3. Add the celery, carrots and cabbage and sauté them with the onion for a further 3-4 minutes
4. Add the stock and barley, season with salt and freshly ground pepper
5. If using a pressure cooker, cook on low pressure for 25 minutes
6. If cooking without pressure, simmer gently for approximately 40 minutes or until the grains and pulses are soft
7. Add the kale and leave to cook in the residual heat of the soup for at least 10 minutes before serving
8. Check seasoning and adjust as required