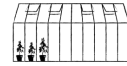


Leftover Roast Lamb Soup



Jaz Mathisen

AWAKINO STATION

I feel it is important to utilize as much of the animal carcass as possible, so this lamb soup uses the leftover bone and meat from a roasted shoulder or leg of lamb, plus loads of fresh vegetables.

Broth Ingredients:

- Leftover lamb roast - bone and meat
- 2L water
- 3 tbsp apple cider vinegar
- 1 bay leaf
- I also add the vegetable scraps from the soup ingredients:
- Peelings from the kumara and carrots
- Carrot tops (leaves) if fresh from the garden
- Celery leaves
- Ends of the onions

Soup Ingredients:

- 2 cups chicken or vegetable stock
- 2 cups grated kumara or pumpkin
- 2 carrots, sliced
- 2 onions, diced
- 3 stalks celery, sliced
- 1 tin lentils, drained
- 3/4 cup dried soup mix
- Freshly chopped parsley
- Any other vegetables you like (up to 2 cups):
 - Courgette, grated
 - Peas
 - Potatoes, diced
 - Broad beans
 - Finely chopped silverbeet or spinach

Method:

1. Place the broth ingredients into a large pot and simmer with the lid on over a low heat for at least 3 hours.
2. Pour the broth through a colander into a stock pot. Remove any good bits of meat and discard the rest.
3. To the broth, add the stock and soup ingredients, minus the parsley. Simmer for 45 minutes, or until the vegetables are tender. Add the parsley to the pot, stir and season to taste with salt and pepper. It's a large pot so you will probably need more than you think.
4. Delicious served with my focaccia, sourdough, or simply buttered toast. It can also be frozen for future meals.