

Cawl

This is a wonderfully wholesome dish. The contents used to be dictated by geographical location, i.e. if you were on the coast you might be making a seafood cawl, inland maybe a bacon cawl, and in the hills and mountains mainly lamb and mutton. These days a good balance of meat/fish and vegetables are used, with the meat usually being cooked on the bone to maximise the flavour.

Ingredients

serve 6

6 x small Welsh lamb shanks

1.2L/2pts water

225g/8oz potatoes, peeled and diced

225g/8oz swede, peeled and diced

225g/8oz onion, peeled and chopped

225g/8oz carrots, peeled and diced

225g/8oz leek, cleaned and sliced thin

A bunch of herbs: Bay, thyme, rosemary and parsley

½ a small Savoy cabbage

2tbsp vegetable oil

Salt and pepper



Cawl

Method

Heat the vegetable oil in a large pan, season the lamb shanks add to the pan together with the onion and brown all over (you may have to do this in batches if your pan is not large enough. Pour over the water and add the bunch of herbs. Bring to the boil then reduce the heat to a simmer. Cover and cook for 40 minutes. Add all the vegetables except for the cabbage, bring up to the boil again, reduce to a simmer and cook for a further 40 minutes. Shred the cabbage and add to the cawl, cook for about 5 minutes, then serve.

Cawl can be made throughout the year, just adjust the vegetables according to the season. Chopped runner bean, broad beans and peas are wonderful during early Summer, add a little chopped mint at the end of cooking.

During cooking the stock will reduce somewhat, so top up with more water, or some wine. You may also wish to add pulses such as lentils, or beans, pearl barley is also good during the winter months.

Substitute lamb with a piece of gammon, just make sure you soak it before cooking. The broth will make an excellent soup, add peas and fresh mint. Serve the gammon with creamed potatoes, broad beans and parsley sauce.