

Soups

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Cawl Mamgu

(Granny's Broth)

2 lbs best end of neck lamb

1 tbsp oil

6 1/4 cups water

1/2 tsp salt

1/4 tsp pepper

2 large leeks, well cleaned and sliced

4 medium potatoes, diced

1 medium carrot, diced

1 small turnip, diced

1 medium parsnip, diced

1 large onion, chopped

1 oz chopped parsley

Lightly brown meat in oil. Place meat into saucepan, add water, salt and pepper. Cover saucepan and simmer 1 1/2 hours. Allow to cool, then skim off fat carefully. Add 1 leek and rest of vegetables. Cook for 45 minutes or until vegetables are cooked to your liking and meat is tender. Add remaining leek and cook 5 minutes.

This soup is traditionally served as 2 courses. The soup with the vegetables is served first and then the meat is served separately. However, it is also good served with the meat cut up in the soup. Top the soup with parsley and serve with crusty bread.

Cawl Cymreig

(Welsh Cawl)

2-3 lbs best end of neck cutlets

1 large onion, sliced

3 leeks

2 medium carrots, sliced

1 medium parsnip

1 small swede turnip

3 stalks celery, sliced

2 tbsp chopped parsley

6 small potatoes

salt & pepper

8 cups water

2 cups mushrooms, sliced

Trim the meat of as much fat as possible. Place in large pan, cover with cold water and bring to a boil. Add salt and pepper, then simmer slowly for 1 hour. Allow to cool, then skim fat off the top. If possible, this part may be done the day before and the broth allowed to sit over night in the refrigerator. Heat back to slow boil, then add all of the vegetables except 1 leek and the potatoes and 1 tbsp of parsley. Cover and simmer slowly for 1 hour. Add potatoes and cook for 20 minutes. Add the remainder of the parsley and season to taste. Chop the remaining leek finely (green and white parts), then sprinkle over top of soup and cook for 5 minutes and serve.

Cawl (Pronounced "cowl") is Welsh for broth or soup. The ingredients are governed by what was on hand. Early Welsh manuscripts show originally either bacon or kid was used, as lamb was too valuable to use in a soup. Even though this recipe calls for lamb, it is also very good with pork loin or chicken. As with any cawl, the traditional way to serve is the broth first, then the vegetables and meat. Cawl was also eaten in wooden bowls with wooden spoons so there was no fear of burning the mouth.

Tattie Soup

2 lbs potatoes, peeled and cubed

2 carrots, diced

1 medium turnip, diced

salt & pepper to taste

2 pints chicken stock

2 pints milk

2 large leeks, thoroughly washed and sliced

Add carrot, turnip and chopped leeks to stock and bring to a boil. Simmer for approximately 45 minutes, or until vegetables are cooked to your liking. Add potatoes and simmer until tender. Add milk and seasoning. Bring back to boil. Serve immediately.

Lentil Spinach Soup

2 medium onions, sliced

1 clove garlic, chopped

2 tbsp olive oil

3 cups water

1 tsp salt

8 oz lentils

1 tsp grated lemon peel

2 tsp lemon juice

10 oz spinach, chopped (about 4 cups) or 1 10 oz package frozen chopped spinach, thawed

Cook and stir onions and garlic in oil in medium saucepan over medium heat until onions are tender. Stir in water, salt and lentils. Bring to boiling, reduce heat, cover and simmer for 1 hour. Stir in lemon peel, lemon juice and spinach. Cover and simmer about 5 minutes, until the spinach is tender.

Beef Stew

4 cups beef stock (see below)

2 lbs stew meat

3 potatoes

6 carrots

6 celery ribs

2 large onions

2 cups peas

12 large mushrooms

1 head garlic

1 bunch fresh parsley

3 shakes thyme

salt to taste

Optional:

1 tbsp oil

2 tbsp flour

1 pkg brown gravy mix

Kitchen Bouquet

If using raw meat, place oil in large pan and heat to medium high. Rinse meat in cool water. Place flour and 2 shakes of salt in a zip-lock bag or on a paper plate. Coat each piece of meat then add to pan. Brown outside of meat, then add stock and bring to a boil. Scrub or peel all of the vegetables, then dice them into bite size pieces. Dice or press the garlic & parsley. If fresh parsley is not available, substitute 3 shakes of dried. Add the vegetables and spices. Bring back to boil, then turn down & simmer for a minimum of 2 hours. The longer it simmers, the better the flavor. Be sure to taste and adjust the spices accordingly. Stew is done when meat is tender and potatoes are soft but not mushy, If you will be cooking longer than 2 hours, wait to add the vegetables until 2 hours prior to eating, or they may end up mushy. If stew is not thick enough, add package of gravy mix. It will add additional texture without having to add additional seasonings. You can also add Kitchen Bouquet (a dash or two) for a darker color. Both are optional.

Stock

2 lbs bones (minimum)
1 large onion
1 head garlic
1 small stalk celery
2 carrots
parsley
thyme

Use the largest stock pot you have available. Place minimum of 2 lbs bones in bottom, then fill to about 4 inches from the top with water. Add onion, garlic, celery, parsley, thyme, and carrots. Bring to boil, then lower heat and simmer minimum of 4 hours. The longer you simmer it, the more flavor it will derive from the bones. Rib bones work wonderfully for this, also. If possible, allow to cool over night in refrigerator, then skim any fat off of the top. Don't feel like you have to use the specific vegetables I do if you don't like them. I always cut them large because I know we have people who don't care for mushrooms, and then they can pick them out. Substitute approximate amounts of additional vegetables or pick and choose which ones you like.

Cream of Day Lily Soup

2 cups yellow or orange daylily buds on the verge of opening
2 tbsp olive oil
1 clove garlic, minced
2 med shallots, finely chopped
2 cups chicken broth
2 tbsp butter
2 tbsp flour
2 tsp lemon peel, grated
1 tsp snipped fresh thyme
1/4 tsp white pepper
1/8 tsp salt
1 cup heavy cream or half & half

Remove green stems from the daylilies, then wash and drain them well. Coarsely chop the buds. In a medium saucepan, heat olive oil over medium heat. Add the shallots and garlic and cook for 2 minutes, stirring continually. Add daylilies and broth and bring to a boil. Simmer covered at a low temperature for 5 minutes or until the lilies are tender. Strain the mixture through a colander, reserving the liquid. Puree ½ of the mixture. In a large saucepan, melt the butter. Stir in the flour, lemon peel, thyme, pepper and salt. Add the reserved liquid, pureed buds and cook, stirring frequently, until thickened and bubbly. Stir in the remaining buds and cream. Cook over low heat until heated all the way through.