

Scotch Broth or Stew

So far, you have made pureed, smooth soup (tomato), chunky soup (minestrone) and creamy soup (chicken and sweetcorn chowder). This week you will be making a traditional British soup – Scotch Broth. Like minestrone, it is a chunky soup and an entire meal in one bowl. It contains protein (meat or beans), carbohydrates (barley) and plenty of vegetables for a healthy mixture of fibre, vitamins and minerals. A traditional Scotch Broth contains neck of lamb, but to keep down the cost, you can use sausages. If you add less water to the broth, it makes a stew!

Ingredients

25g pearl barley

1 large carrot

1 medium turnip/swede/parsnip or a mixture of these

1 onion

1 leek

PROTEIN CONTENT – Please choose from... tin of beans/chickpeas, 6 sausages, approx. 250g stewing beef or lamb

LARGE CONTAINER TO TAKE YOUR SOUP HOME!!!

At school....

1 tablespoon oil

Mixed herbs

Salt and pepper

0.75-1 litre water

Tablespoon of flour

Method

Prepare the meat.

1. Get a red chopping board, a knife, a large saucepan, a wooden spoon, a jug containing 750ml water (for stew use 500ml)
2. Cut the meat into spoon-sized slices. ALWAYS PUT YOUR KNIFE ON YOUR BOARD -NOT THE WORK SURFACE!
3. Put 1 tbspn oil in a large saucepan over a medium heat.
4. Add the meat slices and stir until browned. Watch out for sticking! Do not over-cook or the meat will toughen.

Prepare the stock

1. Remove pan from heat and stir in 1 tablespoon of flour so it coats the meat.
2. Add 750ml water.
3. Put the pan back on the heat and bring to the boil.
4. Add the barley and reduce the heat to simmering.
5. Put the saucepan lid on, with a wooden spoon in the pan, so there is a gap for the steam to escape and leave your broth to simmer gently for 30 minutes.

Prepare the veg

1. Wash, peel and prepare all your veg.
2. Cut into small, regular pieces. Remember that if the pieces are all different shapes and sizes, your soup will not cook evenly and it will look unattractive when it is served!
3. Add the veg to the broth after 30 minutes and bring to the boil.

Cook the broth/stew

1. Let your broth simmer gently for 20-30 minutes, or until your veg is tender.
2. Taste to test!
4. Add half a teaspoon of salt and pepper and some herbs.
5. Cool your broth and spoon carefully into your container. Now wash up and wipe down...

At home - When cold, fat from the sausages will rise to the top of the broth and form a hard layer on the surface. Before you reheat the broth to eat it at home, scrape away this fat. The broth will now be less greasy and contain less saturated fat. Make sure the broth is piping hot all the way through before serving.

Extension activity.

Choose one question to investigate.

1. What is Welsh cawl?
2. What is Irish stew?
 - a. Write a description and recipe for the one you chose.

Challenge - Food Science!

Find out what happens to meat when it is slow-cooked in a soup or stew. Where does the hard layer of fat come from?