



**Ingredients:**

About 1kg/2¼ lb scrag end or neck of Mutton or Lamb

3 carrots

1 large onion

2 celery sticks

1 leek

3. large bay leaves

1 large bunch fresh thyme

Sea salt and freshly ground black pepper

150g/5oz small carrots

150g/5oz onions

5 large floury potatoes, about 1kg weight. Peel all and slice two thinly

2 spring onions, thinly sliced

A little fresh chopped parsley

**Method:**

Place the lamb meat into a large saucepan and cover with cold water. Bring slowly to the boil, skim off any scum, then immediately drain into a colander and rinse in cold running water. This scalding removes fat.

Return the meat to the pan and cover with stock and bring to the boil. Add 3 bay leaves and a good sprig of thyme. Turn down the heat and simmer partially covered, for about 30 minutes, or until tender.

Meanwhile, prepare vegetables. Cut the carrots and cut into small chunks or shape into neat 'barrels'. Chop the onions and celery and prepare the leeks. Add the small carrots and baby onions to the soup and cook for another five minutes.

Then add the sliced potatoes and cook for another 10-15 minutes, until it starts to dissolve into the soup and thicken it. Finally check the seasoning, adding lots of black pepper and a little sea salt.

Garnish with sliced spring onion and parsley.

For our recipe we used the remaining potatoes for mash, which we served our stew with.

The secret to all cooking is to continually taste your food as you work. Then you know when you're going right, or wrong.

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