Scotch broth 蘇格蘭清湯

(Serves 4 四人份量)

INGREDIENTS 材料:

1.	Carrots - peeled and diced 紅蘿蔔 - 削皮及切粒	250g兄
2.	Turnips - diced	250g克
3.	白蘿蔔 - 切粒 Onions - peeled and diced	2 each個
4.	洋蔥 - 去皮及切粒 Celery stalk - diced	1 each條
5.	西芹 - 切粒 Leek - keep white part only and sliced	1 each條

大蔥 - 只保留白色部分及切粒 6. Pearl barley 200g克 薏米

7. Dried peas - soaked in water for 4-5 hours and drained 50g克 乾豌豆 — 用清水浸4-5小時及瀝乾

8. Lamb Shank 1 piece件

9. Chicken stock 2.5 liters升 清雞湯

10. Lamb or mutton stock 2.3 liters升 羊肉清湯

11. Kale - chopped (optional) 85g克 甘藍菜 - 切粒 (按個人喜好)

12. Salt to taste酌量調味

13. Freshly ground black pepper to taste酌量調味 鮮磨黑胡椒





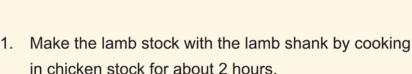
Scotch Premier Lamb Shank Scotch Premier羊腿

Offers valid at great only. As prices may vary, in-store prices shall prevail. While stocks last. 優惠只適用於 great。貸品最新價格以店內所示為準。數量有限,售完即止。

METHOD:

烹調方法:





- 2. Heat all of the ingredients, except the kale, in a large
 - saucepan. Then add-in the stock and bring to a boil. 將所有材料及清湯於平底鍋中加熱煮至滾,甘藍菜 除外。
- 3. Reduce the heat and simmer gently for a 2-3 hours, or until the peas and pearl barley are soft. 調至慢火煮大約2至3小時,或直至豌豆及薏米煮至 軟身。
- 4. Stir in the kale and cook for a further 10-12 minutes, or until the kale is tender.
 - 之後加入甘藍菜再煮10至12分鐘,或直至甘藍菜煮至 軟身。
- 5. Season with salt and freshly ground black pepper, serve immediately.
 - 最後加入鹽及鮮磨黑胡椒調味,即可享用。

