

Scotch broth 蘇格蘭清湯

(Serves 4 四人份量)



INGREDIENTS 材料:

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| 1. Carrots - peeled and diced 紅蘿蔔 - 削皮及切粒 | 250g克 |
| 2. Turnips - diced 白蘿蔔 - 切粒 | 250g克 |
| 3. Onions - peeled and diced 洋蔥 - 去皮及切粒 | 2 each個 |
| 4. Celery stalk - diced 西芹 - 切粒 | 1 each條 |
| 5. Leek - keep white part only and sliced 大蔥 - 只保留白色部分及切粒 | 1 each條 |
| 6. Pearl barley 薏米 | 200g克 |
| 7. Dried peas - soaked in water for 4-5 hours and drained 乾豌豆 - 用清水浸4-5小時及瀝乾 | 50g克 |
| 8. Lamb Shank 羊腿 | 1 piece件 |
| 9. Chicken stock 清雞湯 | 2.5 liters升 |
| 10. Lamb or mutton stock 羊肉清湯 | 2.3 liters升 |
| 11. Kale - chopped (optional) 甘藍菜 - 切粒 (按個人喜好) | 85g克 |
| 12. Salt 鹽 | to taste酌量調味 |
| 13. Freshly ground black pepper 鮮磨黑胡椒 | to taste酌量調味 |



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**。貨品最新價格以店內所示為準。數量有限，售完即止。



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METHOD:

烹調方法:



1. Make the lamb stock with the lamb shank by cooking in chicken stock for about 2 hours.
將羊腿肉及羊肉清湯加入清雞湯中，煮大約2小時。
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。