

# Traditional Welsh Soup

## Ingredients:

- 1kg Welsh lamb
- 1 onion - roughly chopped
- 6 medium potatoes – peeled and chopped
- 3 carrots – peeled and chopped
- 1 small swede or 2 parsnips – peeled and chopped
- 2 leeks – washed and sliced
- 1 small bunch fresh parsley
- Vegetable stock
- Salt and pepper to taste

## Method:

1. Place the meat in a large saucepan, cover with water and bring to the boil. Simmer for 2-3 hours over a low heat. Leave overnight to cool and the following day skim off any fat that has risen to the surface.
2. Cut the meat off the bone and return to the stock then add the potatoes, carrots, swede or parsnips and simmer until cooked. Add more vegetable stock if required at this point. Season with salt and pepper.
3. Finally add the shredded leeks and just before serving throw in the roughly chopped parsley. You can thicken the cawl if required with a paste made with flour and water or fine oatmeal.

# Cawl Traddodiadol Cymraeg

## Cynhwysion:

- 1 kg Cig Oen Cymreig
- 1 Nionyn - wedi'i dorri'n fras
- 6 Taten - wedi'u plicio a'u torri
- 3 Moron - wedi'u plicio a'u torri
- 1 Swejen fach neu 2 pannas - wedi'u plicio a'u torri
- 2 Cenhinen - wedi'u golchi a'u sleisio
- Persli ffres
- Stoc llysiau
- Halen a phupur

## Dull:

1. Rhowch y cig mewn sosban fawr, ei orchuddio â dŵr a'i ferwi dros wres isel am 2-3 awr. Gadewch dros nos i oeri yna y diwrnod canlynol sgimiwch unrhyw fraster sydd wedi codi i'r wyneb.
2. Torrwch y cig oddi ar yr asgwrn ac yna ychwanegwch y tatws, y moron, y swejen neu'r pannas a'u berwi nes eu bod wedi'u coginio. Ychwanegwch fwy o stoc llysiau os oes angen ar y pwynt hwn. Ychwanegwch halen a phupur.
3. Yn olaf, ychwanegwch y cennin wedi'u rhwygo ac ychydig cyn gweini taflwch y persli wedi'i dorri'n fras i mewn. Gallwch dewhau'r cawl os oes angen gyda phast wedi'i wneud â blawd a dŵr neu flawd ceirch mân.

