



Barcaldine broth

Mutton is the traditional base ingredient for a good pot of Scotch Broth but if mutton is not your favourite meat then try substituting with chicken for a pot of 'Hen' Broth.



Ingredients

1lb of mutton or neck of lamb
 3 pints of cold water
 1oz of pearl barley and 20z of dried peas, both soaked overnight in water.
 1 large carrot, sliced.
 1 large onion, sliced.
 1 small leek, sliced.
 1 small turnip, chopped roughly
 6oz cabbage, shredded
 1 teaspoon of fresh parsley, chopped.
 salt and pepper

Place the mutton in a large pan with the water, barley, peas and season with salt and pepper. Bring to the boil and simmer for at least an hour.

Add the carrot, onion, leek and turnip, return to the boil and simmer for another 20 minutes. Add the cabbage and cook for another 15 minutes. Remove the mutton from the pot and either keep for a main course or trim into small pieces and put back into the soup pot. Skim off any fat, season to taste, sprinkle with the parsley and serve piping hot with brown bread.

Morag's Mince and Tatties

Another January 'cold day' favourite. Cheap and quick but full of flavour.



Ingredients

1tbsp olive oil
 1 large onion, chopped
 1 large carrot, chopped
 1lb good beef mince
 4fl/oz beef stock
 4 large potatoes, peeled and quartered
 1tbsp butter
 Salt and pepper
 Chives, chopped, to garnish

Heat the oil and add the onion and mince, fry for 5-6 minutes until browned and onion cooked.

Add the beef stock and cook for 10 minutes.

While the mince is cooking, pop your potatoes in a pan and cover with salted, cold water. Bring to the boil for 20 minutes. When tender, drain and mash with butter and seasoning.

Warm the mince and onion and serve with the mashed potato, garnish with chives

If you have a recipe that you want to share, sent to *Lorn Larder*, *Lorn Life*, PO Box 1, Oban PA34 4HB or email to lornlife@obantimes.co.uk