



# Lorn Larder

## Traditional Lamb Stew



### Ingredients:

650g cubed lamb  
25g pearl barley  
1 onion - finely chopped  
3 celery sticks - cut into chunks  
225g carrots - cut into chunks  
25g margarine  
150ml cider  
150ml stock  
salt and pepper  
Thyme - fresh or dried

### Method

1. Simmer the barley in a small pot for about 10 minutes then drain.
2. In a large pot melt the margarine and slowly cook the vegetables for 7 minutes. Add the lamb and stir.
3. Stir in the cider and stock, adding the seasoning and thyme and then the barley. Cover and cook for about an hour, stirring occasionally.
4. Serve with tatties, or add potatoes and extra stock to the recipe.

