

Beef and Barley Soup

A classic broth full of hearty flavours – wholesome, filling and so delicious.
Serves 6.

Ingredients

- 1 thick slice beef shin (bone in)
- 1 large onion
- ½-1 leek (100g trimmed weight)
- 160g carrot (peeled weight)
- 1 large stick of celery
- 100g potato
- 100g swede
- 100g mixed or spring greens
- 20g vegetable stock powder
- 10g beef stock powder
- 2 small bay leaves
- 1 – 1.5 litres water (hot)
- 40g tomato paste
- 100g pearl barley
- Salt and pepper



Method

- Peel and dice the onion and carrot and finely chop the celery– place in a large pan.
- Spilt the leek lengthways down the centre through the root, remove the outer layer and trim the top. Then wash between the leaves (keeping it whole) and squeeze out excess water. Finally slice across – add to the pan.
- Add some oil to the pan, turn on and sauté the vegetables until soft (don't brown).
- Meanwhile peel and dice the potato & swede – add to the pan and mix through.
- Wash (if required) and add the mixed greens – you can roughly chop if large leaves or leave baby leaves whole – add to the pan.
- Cover the veg with hot water – enough to cover.
- Crumble over the stock cubes/add powder.

Continues...

Method (continued)

- Add the tomato paste and bay leaves.
- Add the beef shin and season with salt and pepper.
- Mix everything together, cover with a lid and bring up to the boil - then turn down to a simmer and cook until the vegetables and meat are soft - approx. 1 hour.
- Meanwhile, cook the barley by bringing a large pan salted of water to the boil, add the barley, turn down and simmer for approx. 25 minutes until the barley is tender – drain and reserve.
- When the veg and meat are soft, remove the meat with slotted spoon, and blend the vegetables with a stick blender (not fully but still a bit chunky), then add the cooked barley and mix well.
- If too thick then add some hot water, and adjust seasoning.
- Allow the meat to cool slightly and then flake it back into the soup, removing any gristle or bone.
- Finally, check the seasoning and adjust to taste with salt and pepper – you can crumble more stock powder if you feel it needs it to deepen the flavour. Mix well.
- Serve the soup piping hot.

