

This is a soup/stew that is traditional in the Staffordshire pottery towns. When things were very tight the dish was often prepared with little or no meat.

Serves 4

Ingredients

450g/1lb stewing or braising steak - fat removed and cut into small chunks
A handful pearl barley
1 onion diced
1-2 cloves of garlic, crushed (optional)
4 potatoes diced
1 swede diced (the big orange fleshed ones not the little white ones)
4 celery sticks, chopped
4 diced carrots
Beef stock

Method

(1) Put the meat, onion and pearl barley in a large pan and cover with water. Bring to the boil and then simmer gently on a very low heat for 40 mins. Stir occasionally to prevent it from sticking.

(2) Meanwhile peel and chop the vegetables to dice of a similar size

(3) Add the vegetables to the pan and top up with stock to cover the vegetables. Cook at a low

simmer for approximately 60 mins or until everything is softly cooked and the meat is tender. Continue to stir occasionally to prevent it from sticking to the bottom of pan.

(4) Season to taste.

Serve in big bowls with chunky bread.

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