

Comenuis Project May 2013 Ysgol Llanwenog

My Favourite Dish

Group Members : Ben, Roseana, Dewi, Jamie, George.

Name of Dish : Cawl__

Ingredients : 700g scrag end of lamb. Pinch of salt. 2 large onions peeled and sliced. 3 large potatoes peeled and cut into chunks. 2 parsnips, peeled and cut into chunks. 1 swede, peeled and cut into chunks. 3 large carrots, peeled and cut into chunks. 2 leeks, trimmed and sliced. Freshly ground black pepper. 4 tbsp freshly chopped parsley and warm crusty bread to serve.

Method :

Bring the lamb to the boil, add a pinch of salt. Simmer for 1 ½ hours. Skim the fat off and bring to the boil simmer for 5 minutes. Add the vegetables and return to the boil. Reduce heat, cover and cook for 20 minutes stirring occasionally. Season with salt and pepper. Cook for a further 10 minutes or until all the vegetables are tender. Use a slotted spoon and take all the meat out of the pan take the meat off all the bones then return to the pan stir in the parsley serve immediately with warm crusty bread.

Why I chose this dish ?

I chose this dish because it is a Welsh traditional dish.

This was my dish

