

INGREDIENTS:

1.5 litres water

2 potatoes

1 carrot

2 onions

1 small turnip

1 tin of chopped tomatoes blended

1 tablespoons frozen peas

2 tablespoons green lentils

Handful of pearl barley

350g chopped lamb shoulder

Sea salt, freshly-ground black pepper

2 teaspoons each ground cumin and ras-el-hanout

1 pinch each of saffron and chilli powder

Small bunch of flat-leaved parsley

3 tablespoons vegetable oil

TIME: 3 Hours**SERVING:** 4-6 people

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Peel the onion and chop with the parsley, peel the remaining vegetables and cut into large chunks. Heat the oil in a heavy-based pan and gradually add the meat and vegetables, frying over a medium to high heat. Once the vegetables have softened add the spices, turn well to coat, fry for two minutes then add the tomatoes, lentils, peas and water. Season well, cover and simmer gently for an hour. Boil the pearl barley in lightly salted water for 30 minutes and drain. Using a slotted spoon remove the vegetable chunks, place in a blender with about 100ml of the cooking liquid and whizz to a puree. Return to the pan, add the barley and cook gently for a further 25 minutes stirring occasionally. Check seasoning and serve.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: