



**CALON WEN**  
Organic Family Farms

# Organic Welsh Cawl

Makes: 8 portions   Cook: 2 Hours   Difficulty: Easy

## Ingredients

- |   |         |     |                               |      |                      |
|---|---------|-----|-------------------------------|------|----------------------|
| 1 | Onion   | 1kg | Lamb Neck Cut into 5cm Chunks | 500g | Maris Piper Potatoes |
| 2 | Carrots | 3   | Large Leeks                   | 2    | Parsnips             |

**Plus fresh organic bread buttered with Calon Wen Lightly Salted Butter & Plated up with a nice big chunk of Calon Wen Organic Extra Mature Cheese!**

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## Directions

- 1 Put 2 Litres of water into a pan with 2 teaspoons of salt and boil over high heat. Add the roughly chopped onion, along with the lamb. Once boiling, skim away any scum from the surface. Simmer on medium heat for 10-15 minutes until the lamb is cooked through.
- 2 Using a slotted spoon, remove the lamb to a plate and leave it to cool.
- 3 While it's cooling, peel the swede, chop into 1cm chunks, and add to the pan to get a headstart. Peel the carrots and parsnips, slice at a slight angle 1cm thick, and drop them into the pan. Now peel the potatoes and cut into 4cm chunks.
- 4 Return the meat to the pan with the potatoes. Bring back to a boil, then simmer it all for 15 to 20 minutes, or until almost tender, while you wash the leeks and cut them into 1cm-thick slices.
- 5 Stir the leeks into the pan, bring to a boil again, and then simmer for 10 minutes with the lid on, or until tender. Taste and season to perfection
- 6 Ladle into serving bowls and serve with lots of black pepper, a wedge of Calon Wen Extra Mature Cheese and a slice of good bread smothered with Calon Wen Lightly Salted butter for dunking.

We sourced our yummy organic ingredients locally to us in Carmarthen from **Waverly Stores & Aardvark Alternatives**.

100%  
**ORGANIC  
FOOD**