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Name of dish	Cawl Welsh Broth	
Ingredients	Leg of Lamb Onion Swede potatoes Pinch of salt Turnip Bay leaf	Turnip, carrots and stalks of parsley can be included.

<p>Directions and Preparation time</p>	<p>Put all ingredients together in a large cooking pot and cook for 45 minutes.</p> <p>Skim off film of starch on top before removing from heat.</p> <p>Allow to cool before serving. Cooling strengthens the taste and texture of cawl.</p>	
<p>Other relevant information</p>	<p>This is the most famous Welsh dish. It is simple yet nutritious and is usually served with cheese and bread. Cawl is typically eaten on St David's Day March 1st.</p>	