

If you have used small or splintery bones, sieve the soup at this point, puréeing the vegetables. Wipe out the pot and return the liquid and the purée to it. Whether or not you have sieved the soup, now add the remaining liquid and the haricot beans, peas, green beans and sausage. Return to the boil, lower the heat, and simmer, covered, for another 45 minutes.

To serve, remove the bouquet garni and the bones. Skim off the fat if you wish. Correct the seasoning. Slice the sausage, and put the slices in the tureen with the soup or serve them separately. Add a grind of fresh pepper to the tureen or to the individual bowls of soup.

MADAME SAINT-ANGE
LA CUISINE DE MADAME SAINT-ANGE

Scotch Broth

Vegetables for flavouring may be included for the first hour of cooking, then discarded and fresh vegetables added for the last 30 minutes, to be served with the soup. A bouquet garni may also be added to the broth; traditionally, this includes fresh or dried marigold petals.

To serve 8

750 g to 1 kg	neck or shoulder of mutton or lamb, wiped and trimmed	1½ to 2 lb
2 litres	water	4 pints
60 g	barley, washed and soaked for 2 hours	2 oz
150 g	shelled peas or 60 g (2 oz) dried peas, washed and soaked overnight	5 oz
	salt	
150 g	turnip, diced	5 oz
150 g	carrot, diced	5 oz
1	small onion, chopped	1
1	leek, white part only, chopped	1
250 g	white cabbage, cored and finely shredded	8 oz
	pepper	
1 tbsp	chopped parsley	1 tbsp

Put the mutton into a large saucepan with the water and barley. If you are using dried peas, add them now. Add salt. Bring to the boil and skim. Cover and simmer the broth gently for about 1 hour, then add the remaining vegetables, except the cabbage. Allow to simmer, covered, for at least 2 hours longer. As soon as the mutton is cooked, lift it out of the broth, cut the meat off the bones, and return the meat to the broth. Ten minutes before serving, add the cabbage. Skim off the fat, season the broth to taste, and just before serving add the parsley. Serve very hot.

F. MARIAN MCNEILL
THE SCOTS KITCHEN

Fife Broth

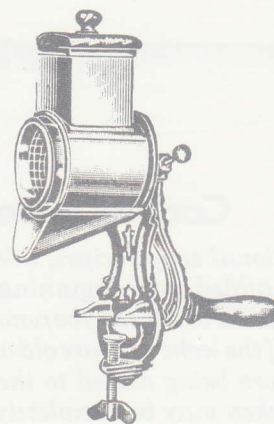
This soup is traditionally served in Scotland with oatcakes.

To serve 6

12 or more	bare ribs of pork, saved from boned-out chops or roasts	12 or more
200 g	barley, soaked overnight	7 oz
	salt and pepper	
2 litres	water	4 pints
1	large onion, finely chopped	1
12	potatoes, sliced	12

Put the pork bones, barley, salt and pepper into a pan with the water. Cover and cook gently for about 2 hours, then add the onion and potatoes. Cook for another 30 minutes and, when ready, remove the bones and serve.

JANET MURRAY
WITH A FINE FEELING FOR FOOD



Turkey Soup

To serve 6

1	carcass of cold roast turkey, with any remaining stuffing and gravy	1
About 2 litres	water	About 4 pints
2 tsp	flour, mixed to a paste with water	2 tsp
	salt and pepper	

Place the turkey carcass, stuffing and gravy in a pot and cover with cold water. Simmer gently for 3 to 4 hours, then remove the pot from the heat and let it stand till the next day. Take off all the fat, and strain the liquid to remove the bones. Put the soup on to heat till it boils, then thicken slightly with flour wet up in water, and season to taste. Pick off all the bits of turkey from the bones, put them in the soup, boil up and serve.

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