

Less than 45 minutes

Serves 6

Share with friends

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email



Ingredients:

Soup:

- 2 Tbsp (30ml) canola or olive oil
- Salt and milled pepper
- 1kg lamb stewing meat (such as goulash or knuckles)
- 2 onions, chopped
- 2 cloves garlic, crushed
- 2 star anise
- 1 stick cinnamon
- 2 tsp (10ml) ground cumin
- 1 Tbsp (15ml) ground coriander
- 2 Tbsp (30ml) tomato paste
- 5-6 cups (1.25-1.5L) lamb or beef stock
- Grated peel of 1 orange
- 1 cup (250ml) pearl barley

- Handful chopped mint, coriander and/or parsley
- Yoghurt, for serving

Toasties:

- 1 jar (100g) red pepper or tomato pesto
- 8 slices sourdough bread
- 1½ cups (375ml) grated mozzarella cheese

JAZZ-UP THE TOASTIES

Replace half the cheese with goat's milk cheddar and dust with dukkah spice before toasting.

Method:

1. Heat oil in a pot.
2. Season lamb and brown in batches. Remove and set aside
3. Sauté onion in the same pot until soft.
4. Add garlic and spices and flash fry until fragrant, adding extra oil if needed.
5. Stir in tomato paste and cook until sticky, about 1-2 minutes.
6. Return meat to pot.
7. Add stock and orange peel and season.
8. Cover and simmer for 40-45 minutes.
9. Once meat is soft, remove lid and add barley.
10. Simmer for another 15-20 minutes.
11. Stir through herbs.
12. Spread pesto onto 4 sourdough slices and sprinkle with cheese.
13. Top with remaining slices and toast in a sandwich press.
14. Dollop soup with yoghurt and serve with toasties.