

# Recipe from Spoon Cafe – Oxtail and Root Vegetable soup



## OXTAIL AND ROOT VEGETABLE SOUP

With so many different flavours to choose from, soup is a popular choice for lunch or dinner all year round. But winter time is when we benefit from it most. It is the perfect meal for warming you up when the weather's cold and frosty, or rainy and damp.

Soup is a favourite at Spoon and is usually featured on the menu. Sometimes we prefer to stick to the tried and tested. At other times we like to add a creative twist to an old standard and that's what we've done here, by adding more vegetables and pearl barley for texture.

For comfort food at its best, oxtail soup is hard to beat – it's hearty, full of flavour and it fills you up. It's also a simple soup that's easy to make. You don't have to source lots of unusual ingredients and the method is uncomplicated. If you haven't tried oxtail before, you should be able to find it at any good butcher's or supermarket.

Oxtail soup is not just tasty – with lots of vegetables, it contributes to your 'five a day' and there is protein in the oxtail too.

So if you're looking for something for lunch or dinner, that's both delicious and nutritious, why not try our oxtail and root vegetable soup? Here's the recipe – enjoy.

INGREDIENTS:- (makes 6-8 portions)

1 kg oxtail

250g pearl barley soaked overnight

250g celery

250g onion

250g parsnip

250g celeriac

250g turnip

2 to 3 litres beef stock

1 small tin chopped tomatoes

bunch bouquet garni

season with salt & pepper

Method:

Brown off the oxtail, add the vegetables and barley, stir for two minutes and add the hot stock. Bring to the boil, then simmer for two hours or until the meat is falling from the bone. Simple & delicious.

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