

THE BEST LAMB SOUP

Serve
6 people



INGREDIENTS

4 lamb forequarters

- A few Bay leaves
- 2 big sliced carrot (for sweetness)
- 1 Fresh tomatoes peeled and slice
- 1 Sachet of tomato paste
- 1 Star anise
- Garlic
- Few cloves
- Small cinnamon bark or powder
- Some Peppercorn
- Salt
- white Pepper
- Some Vegeta
- Sugar if need it after tasting

METHOD

Step 1.

Rinse forequarters and put them in the pot with all the ingredients/ spices. Boil in medium to low heat (to make it faster to tender) until they fall off the bones. If the heat too high the meat will be tough and longer to boil.

Step 2.

Take and throw the scum regularly.

Separate / shred meat with fork and put them back in.

Step 3.

Taste!

Adjust the taste to your liking, just before turning it off- add the nutmeg.

Enjoy.