

# Herdwick Hogget Broth



by David Clay  
The Jumble Room, Grasmere

David and his wife Trudy are chefs at the highly acclaimed Jumble Room restaurant in Grasmere. A firm favourite with many regular visitors, the Jumble Room has a simple but global menu that makes use of seasonal local ingredients such as herdwick. David's recipe uses older lamb – the hogget being the 'inbetweener' of the sheep family which fills the gap between young Spring lamb and older mutton. It's an excellent way of making the most of shin, shank, or even scrag and neck – as these cuts excel from long, slow gentle cooking.



**Serves 6 Time 3 hours**

## Stock Ingredients:

1kg of shin/shank of herdwick hogget (approx. one pair) on the bone

1 onion, cut into large chunks

1 leek, cut into large chunks

2 carrots, cut into large chunks

2 sprigs of thyme

2 garlic cloves, sliced

5 cloves (the spice)

2 sprigs of rosemary

## Broth Ingredients:

100g pearl barley

400g onion, diced

25g garlic cloves, crushed

400g carrot, diced

300g leek, diced

300g celery, diced

50g parsley, chopped

10g rosemary, chopped

(Parsnip, swede, courgette, golden beetroot, peas could be added)

## Method

Soak the pearl barley in a bowl of cold water, ideally overnight.

### The stock

1. Put the shin/shank in a large pan with plenty of cold water to cover (a stock pot is ideal). The water should comfortably cover the meat.

2. Bring to the boil, skimming with a ladle to remove fat as it comes to the surface. Turn down the heat to a bare simmer. Don't let the meat boil otherwise the fat will turn the broth a 'milky' colour. Keep skimming the fat from the broth for 20 minutes (you may need to top up with a little water). This is important for a clearer and slightly sweeter stock.

3. Once you've skimmed off the fat, add the other stock ingredients and continue to simmer. When ready the meat will fall easily from the bone. This may take up to 2 hours depending on the cut.

4. Remove from heat. Leave shanks to cool in the stock while you prepare the other ingredients. (These can be prepared while the shanks are cooking).

### The broth

1. Cook the diced onion and garlic in a large saucepan with a little olive oil over a gentle heat – you just want to soften the vegetables without colouring. After a few minutes, add the remaining broth ingredients (except the herbs) and cook for a few more minutes.

2. Strain the pearl barley and add to the saucepan.

3. Strain the stock (from the meat) through a fine sieve onto the vegetables and bring to the boil. Simmer gently for 30-40 minutes. Skim if needed.

4. During this time prepare the meat. Shred it, removing the bones and any large pieces of fat or skin, using your fingers or a couple of forks in a bowl.



Add the meat to the broth.

5. Check for seasoning and add the herbs just before serving.

**To serve**

Enjoy for lunch with plenty of home baked bread, or a large bowl full as a substantial supper dish. For a 'posher' version you could roast a small piece of tender loin or chump and add some slices to the broth topped with a little rosemary or mint jelly. Hawkshead Relish would be ideal.