

**Ingredients** – for approx 12 Litres of Soup (25 portions @ 350ml )

**BROTH**

- 2.5Kg Lamb Shanks or about 8 of average size
- 4 medium brown onions, peeled and 1 large parsnip, peeled and sliced into 1cm thick slices
- 2 medium sude's, (or turnips) peeled and sliced into 1cm thick slices
- 1/2 celery cut coarsely, (remove woody end) for broth
- 1 heaped tablespoon of whole black peppercorns
- 3 or 4 large bay leaves

**SOUP CONTENTS - Prepare and set aside (cool in cold water if applicable)**

- 500g carrots peeled and sliced, halve slices if large pieces for appearance
- 2 medium brown onions coarsely diced
- 410g canned corn kernels, drain and discard liquid.
- 250g small shell pasta - cook to slightly undercooked, cool in cold water, drain.
- 375g McKenzie's Italian soup mix beans + 100g chick peas, undercooked, cooled & drained
- 4 medium Desiree potatoes peeled, diced into 1cm cubes, undercooked, cooled & drained

- 1/. In a 10 Litre Stock Pot, place shanks and fill with 6 Litres of water.
- 2/. Add onions, parsnip, turnips, celery, bay leaves and a heaped tablespoon of whole black peppercorns
- 3/. Bring to boil and simmer **very** slowly for two hours.  
Make sure it is just on simmer and occasionally see bubbles. Turn shanks every once in a while
- 4/. Remove from heat, discard everything except the shanks which you put aside **covered** to cool  
Skim the fat off the broth surface using a ladle.  
Transfer the broth through a fine strainer into a fresh 15 Litre pot for final assembly
- 5/. Pull apart lamb shanks into small edible pieces and put aside.  
Discard bones & for appearance, be selective with what meat is kept to later add back to the broth.

**Putting it together...**

- 1/. After removing all the fat from the broth start by re heating in the 15 Litre pot
- 2/. Add the following seasonings to taste:-
  - 100 ml Maggi "*Original Seasoning*"
  - 5 heaped tablespoons of Vegetta "*Gourmet Stock*"
  - 1 heaped desert of McCormick season salt
  - 1 heaped desert spoon of steak spice
  - 10 beef OXO stock cubes
  - 500g Leggos tomato paste
  - 1 level teaspoon of fresh ground black pepper
  - 1/4 cup finely chopped parsley
  - Plain salt to your liking.
- 3/. Once simmering, only add the carrots & diced onions, simmer about 5 minutes to half cook them.  
After carrots and corn are half cooked, add diced potatoes, simmer until the potatoes are to your liking.  
This is the end of cooking - do not overcook or you will stuff the whole show!
- 4/. Turn off heat and add meat, beans, green beans, corn, pasta.  
Now one more taste, it may be a little sweet due to the tomato paste, adjust to your liking, enjoy

## **Eugene's Minestrone Soup**

### **SHOPPING LIST**

2.5kg Lamb shanks or about 8 shanks  
4 medium brown Onions  
1/2 of celery  
Bunch of Parsley  
2 medium Suede's or Turnips  
1 large Parsnip  
250g small shell Pasta  
375g McKenzie's Italian soup mix  
100g dried Chick peas  
410g can of Corn kernels  
4 medium Desiree potatoes

Peppercorns - black  
Bay leaves  
Masterfoods All purpose Seasoned salt  
Masterfoods mild Steak Seasoning  
Maggi Original Seasoning  
Vegetta Gourmet Stock  
OXO beef stock cubes  
500g Leggos Tomato Paste  
Plain Salt  
Ground Pepper