



Manx Broth

Manx broth is a traditional peasant soup from the Isle of Man, known for its hearty flavor and connection to the island's farming heritage. It's a simple, nourishing meal, often made to warm families after long days of working the land, using whatever vegetables and grains were available.



Prep: 10 min **Cook:** 105 min **Total:** 124 min **Servings:** 4-6

Ingredients

- 1 piece beef shank
- 1 marrow bone, cut in half
- Sprig of thyme
- Salt, to taste
- 4 quarts water
- 4 cups diced vegetables:
 - Carrots (about 2)
 - Parsnips (about 2)
 - Turnips (1 or 2)
 - Celery Stalks (about 2)
- 1 cup pearled barley

Directions

1. Fill a large pot with water and add the beef shank, marrow bone, thyme, and salt to taste. Bring to a simmer and cook for one hour.
2. Once the meat and bones have cooked for an hour, remove them from the pot. Discard or use the meat for another recipe.
3. Dice the vegetables into 1/2 inch pieces.
4. Add the diced vegetables and barley to the pot. Simmer for 45 minutes, until vegetables are soft.
5. Skim any fat off the top if necessary and then serve hot.



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