

## Tudor Pottage

### Ingredients

Butter

1 stick of celery, finely chopped

2 leeks, sliced in medium rings

2 parsnips, cut into chunks

2 carrots, cut into chunks

Large bag of spinach

1 cup of lentils

1 cup of barley

Herbs eg: Rosemary (chopped), thyme (chopped), 4 bay leaves (whole) and parsley (chopped)

1 or 2 stock cubes (chicken or Veg flavour) mixed into 1 or 2 litres of boiling water

Salt and black pepper to taste

1. In a large stock pan add a generous knob of butter and when beginning to sizzle add celery, leeks, parsnip and carrots. Gently cook for about 5 - 10 minutes until veg is starting to soften.
2. Add stock water and stir thoroughly.
3. Add lentils, barley, herbs and spinach, plus a generous pinch of salt and 12 to 15 grinds of black pepper.
4. Bring pot to the boil - pop lid on - and turn down to a gentle simmer for at least an hour.
5. Taste for seasoning and enjoy with some homemade bread

