Powsowdie

Sheep's Head Broth

Use large double-batch chili pot.

Ingredients

- Sheep's head, skinned and split, one head
- 4 trotters, if possible
- Scrag (neck), one only
- Barley (quick barly works, 2 cups
- Green peas, 2 cups
- Chopped carrots, ~8 large
- Turnips (rutabaga), chopped
- As desired: potatoes, celery, fennel, leeks, onions & shallots
- Herbs and seasoning: Garlic, basil, parsley, rosemary, bay leaf
- Beef stock, 64 oz.
- Water

Advance Prep

- Blanch the head, scrag and trotters:
  - Place the beast in a pot of cold water and raise temperature to a boil. This can take a long time.
  - Boil for 5 minutes.
  - Clean. If anything not wanted, clean the nostrils and grisly parts, cut out tendons from trotters.
  - Set aside until wanted for the pot.

- chop up the vegetables and herbs (Powsowdie (cont.))

Directions

1. Into a large pot place the head halves and scrag with enough water to fully cover the beast. Add 32 oz of beef stock, 2 cups of green peas, 2 cups barley, and salt + pepper.
2. Boil for 45 minutes, removing scum as it rises.
3. Add remaing vegetables, herbs, and seasoning.
4. Boil for another 1½ hours. Add beef stock or water as needed.
5. When cooked, remove head, scrag and trotters to platters to be eaten separately. Serve the soup in bowls. Tongue must be skinned with a sharp knife.