

Men's Health Week



Lamb and Vegetable Soup
BY TIMOTHY COX

KITCHEN MANAGER AT SERVANTS COMMUNITY HOUSING IN HAWTHORN



Servants Community Housing supports those at risk of homelessness with long-term tenancies in Boroondara, live-in house managers and established connections to support agencies, community groups and neighbours.

This dish has been eaten by my family for as long as I can remember. It is a dish that warms the soul - very timely coming into winter! The goodness in the lamb shank bones gives the soup lots of body and flavour.

In my role at Servants, I have the privilege of preparing and serving dinner to residents every night of the week. Dinner is the one time of day where everyone is drawn together in a shared space. Some residents may have gone the entire day without seeing or interacting with anyone, so having the cook serve them dinner and ask them how they are can mean so much.

Looking out into the dining room and watching people be together is the best part of my day. Dinner is a time that they can get together and feel like they are not alone. Even if some people aren't speaking, their presence and acceptance of each other in a shared space is meaningful. The food itself is just a medium by which we can create a sense of connection.

Ingredients

SERVES 6

4 lamb shanks

2 medium carrots finely diced

2 onions finely diced

2 garlic cloves finely diced

2 medium potatoes finely diced

2 celery sticks finely diced

425g can tomatoes

2L beef stock

125ml tomato paste

½ cup of barley

2 medium zucchinis finely diced

½ bunch of kale shredded

Method

Combine lamb, carrots, onions, garlic, potatoes, undrained tomatoes, stock and tomato paste in a large pot.

Simmer covered for 1½ hours. Add zucchini, barley and kale. Simmer uncovered for 30-45 minutes, or until lamb is tender and barley is cooked.

Remove lamb from the soup and remove meat from the bones.

Discard the bones. Return meat to the soup and season with salt and pepper to taste.