



## The meaning of SCOUSE

- **'Scouse' ['skaʊs] definition:**
- **A meat stew popular in the city of Liverpool.**
- **An inhabitant of Liverpool (also Scouser).**
- **The dialect of Liverpool**

# A PAN OF SCOUSE



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# SCOUSE: A REAL COMFORT FOOD



<https://www.banhambutchers.co.uk/online-butchers-shop/lamb/lamb-neck-fillet/>

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<https://www.freeyourfork.com/pickled-red-cabbage/>

<https://theguideliverpool.com/this-is-your-guide-to-global-scouse-day-in-liverpool/>



# INGREDIENTS

500g lamb neck fillet

1 tbsp plain flour

2 large onions, roughly chopped

800ml stock (use 2 cubes or stockpots)

3 potatoes, about 500g

3 carrots, about 350g

1 tsp Worcestershire sauce, optional

chopped parsley to garnish, optional

pickled red cabbage, to serve

# STEP 1

## Chop

- Chop the lamb into roughly 2cm pieces.

## Toss

- Toss with the flour in a heavy-based pan so that the meat gets coated.

## Add

- Add the onion, stock and a generous amount of freshly ground black pepper.

## Bring

- Bring to the boil, skim off any scum, then turn the heat right down and simmer gently, covered, for 1½ hours.

## STEP 2

Peel and chop the potatoes and carrots into roughly 2cm chunks.

Mix into the pot and bring back to a simmer, then re-cover and cook for another hour.

By this time the veg should be tender, and the potatoes will have started to break down and thicken the sauce.

Add the Worcestershire sauce if using and check the seasoning.



**STEP 3** Serve in deep bowls, scattered with some chopped parsley if you want, and with pickled red cabbage (the traditional accompaniment).

