

## Apricot Lentil Soup Recipe

**Ingredients:** Serves 6-8

2 liters (8 cups) lamb stock (refer below)  
1 onion, peeled and sliced  
100g red lentils  
50g potatoes, peeled and diced  
50g dried apricots, diced  
100g fresh apricots, peeled, stoned and diced  
2 teaspoons garam masala  
salt to taste  
ground black pepper to taste  
lemon juice to taste

**For Lamb Stock:**

300g lamb, cut into chunks  
500g lamb bones  
50g red lentils  
2 onions, peeled and chopped  
2 cloves garlic, peeled and crushed  
2 bay leaves  
2 red chillies, bruised  
½ teaspoon ground turmeric  
3 liters (12 cups) water  
salt to taste

**Method:**

To prepare lamb stock, combine ingredients in a stock pot and bring to the boil. Simmer for 2 hours, skimming off froth as it surfaces. Strain. If not using stock immediately, set aside cool completely. When stock is cool, store in a freezer-safe container, cover and refrigerate for up to a week or freeze for up to 3 months. Place lamb stock, onion and lentils in a large saucepan. Bring mixture to the boil. Reduce heat, cover and simmer for 20 minutes, or until lentils are soft. Add potatoes, apricots and garam masala and cook until potatoes are soft. Season with salt, pepper and lemon juice to taste. Ladle into bowls and serve.