

# Icelandic Lamb Meat Soup (Kjotsupa)



If you ever travel in Iceland, you are sure to find “meat soup” or “lamb meat soup” on the menu everywhere you go. It’s delicious, especially during a cold Icelandic spring day. (And if you’ve never been to Iceland – you should definitely go!).

Icelandic lamb meat soup is traditionally made by simmering bone-in lamb or mutton cuts (typically using the neck or shoulder – this is not the place for leg of lamb) for prolonged periods, adding root vegetables (and sometimes barley or cabbage) towards the end. Herbs may or may not get added; I like to add a bit of Penzey’s “Mural of Flavor”. The resulting stock is fairly mild. I prefer to use a hybrid approach for a heartier stock, simmering the bone-in meat along with some lamb bones just long enough for the meat to become tender. I then remove the meat from the bones, reserving it, and transfer all the bones and stock to an Instant Pot to make bone broth. As the neck is a fatty cut of meat, I like to refrigerate the resulting stock overnight for ease of skimming fat. At that point I’ll add root vegetables and simmer just until tender, adding the meat towards the end to warm it up.

## Ingredients:

- 3 lb lamb or mutton neck, sliced (or substitute bone-in lamb shoulder)
- 1-1.5 lb meaty lamb bones, such as from lamb legs or shoulders.
- 1 tsp salt
- 1 medium onion, quartered
- 3 cloves garlic (unpeeled)
- 1 tsp Penzey’s “Mural of Flavor” (or substitute an herb blend of your choice, such as Herbes de Provence)

- Freshly ground black pepper (to taste)
- 1 lb red potatoes, unpeeled, quartered
- 1 large yellow onion, diced
- ½ lb carrots, peeled and roughly sliced
- 1 lb turnips, coarsely diced

**Directions:**

1. Place lamb neck slices and lamb bones in a large (6 Q) Dutch oven, cover with water, add 1 tsp salt, and bring to a boil. Reduce to a simmer, and cook, covered, until the neck meat is beginning to fall off the bone, after approximately an hour (check after half an hour).
2. Remove the lamb neck slices and allow them to cool; reserving the stock. Remove the neck meat from the bones, discarding the fat and reserving the bones. Cut the meat into bite-sized pieces and refrigerate.
3. Transfer all bones (from the lamb neck plus the meaty bones) and the stock from Step 2 to an Instant Pot. Add onion, garlic cloves, and Penzey's "Mural of Flavor", and fill the Instant Pot to the "max" line. Pressure cook on high for 3 hours and allow the pressure to release naturally. Strain and reserve the stock, discarding the bones. Transfer the stock to a refrigerator to chill overnight.
4. The next day, scrape off the fat from the top of the stock. Bring the stock to a simmer in a Dutch oven. Adjust salt and add pepper. When stock is boiling, add potatoes and diced onions, and reduce to a simmer. After about 8 minutes add carrots, then after another 5 minutes add turnips. Add reserved lamb meat, and simmer until vegetables are tender.

Serve with rye bread and good butter.