



## Braised shoulder of lamb with spiced couscous and roast parsnips

Quantity		Ingredients	Unit Price	Unit	Cost for Recipe
1		Lamb shoulder	€5.00	each	€5.00
1000	g	Parsnips	€2.20	kg	€2.20
100	g	Garlic	€3.80	kg	€0.38
100	g	Ginger	€3.80	kg	€0.38
300	g	Onion	€0.75	kg	€0.23
200	g	Red Onion	€1.49	kg	€0.30
400	g	Carrots	€0.99	kg	€0.40
1		Cinnamon Stick	€0.15	each	€0.15
10	g	Mint Leaves	€0.04	g	€0.44
20	g	Rosemary	€0.04	g	€0.88
20	g	Thyme	€0.04	g	€0.88
10	g	Mixed Spice	€21.95	kg	€0.22
1000	g	couscous	€3.00	kg	€3.00
100	g	Green Curry Paste	€7.50	kg	€0.75
1500	ml	water	€0.01	ml	€0.00

Cost of Recipe		€15.21
Wastage @	4%	€0.61
Total food cost		€15.82
Portion Yield		14
Cost per portion		€1.13

### Method

Braise the lamb with some of the garlic onion and herbs for 3 hours low heat. Roast the parsnips separate. Sweat the rest of the veg, herbs and spices add the shredded lamb plus the juices. Cook the couscous with the paste and water. Assemble in a pasta bowl.