



Grilled Mackerel with crushed potato, carrot and turnip puree

Quantity		Ingredients	Unit Price	Unit	Cost for Recipe
1000	g	Irish Mackerel - Fresh	€3.99	Kg	€3.99
1000	g	Irish Potatoes	€0.65	Kg	€0.65
500	g	Carrots	€0.99	Kg	€0.50
1		Turnips	€0.90	each	€0.90
100	g	Irish Butter	€4.00	Kg	€0.40
10	g	Sea Salt	€1.65	Kg	€0.02
10	g	Pepper	€11.00	Kg	€0.11
1		Lemon	€0.25	each	€0.25

Cost of Recipe		€6.82
Wastage @	4%	€0.27
Total food cost		€7.09
Portion Yield		6
Cost per portion		€1.18

Method

Cook the carrot and turnip till soft, puree, butter and season. Steam the potatoes till just cooked crush and season. Season the mackerel and griddle till just cooked season and serve with lemon wedge.

Any prices supplied are for guidance only and should be changed to reflect those of the individual business.