



Braised shin of beef with champ

Quantity		Ingredients	Unit Price	Unit	Cost for Recipe
800	g	Topside of Irish beef	€7.80	Kg	€6.24
200	g	Carrots	€0.99	Kg	€0.20
50	g	Garlic	€3.80	Kg	€0.19
20	g	Mixed Herbs (Dried)	€0.02	G	€0.4
800	g	Washed & Peeled Potatoes	€1.39	Kg	€1.12
4		Spring Onions/Scallions	€0.13	each	€0.52
300	g	Parsnips	€2.20	Kg	€0.66
300	g	Carrots	€0.99	Kg	€0.30
2		salt and pepper	€0.10	each	€0.20

Cost of Recipe		€9.73
Wastage @	4%	€0.39
Total food cost		€10.12
Portion Yield		4
Cost per portion		€2.53

Method

Cut the beef into 4 equal pieces seal and braise with carrots, garlic and herbs for 3 hours. Make the champ, and turn and cook the parsnips and carrots, arrange on plate with gravy made from the braising liquor.

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