



## Roast Parsnip and Honey Soup with soda bread

Quantity		Ingredients	Unit Price	Unit	Cost for Recipe
25	ml	Olive Oil	€9.50	litre	€0.24
50	g	Shallots	€3.25	kg	€0.17
500	g	Parsnips	€2.20	kg	€1.10
125	g	Irish Potatoes	€0.65	kg	€0.09
10	g	Chicken Stock Bouillon	€13.70	kg	€0.14
700	ml	water	€0.01	ml	€0.00
100	ml	Irish Cream	€1.78	litre	€0.18
4	slices	Brown Soda Bread	€1.35	loaf	€0.54
25	g	Honey	€0.01	g	€0.25

<b>Cost of Recipe</b>		<b>€2.71</b>
<b>Wastage @</b>	<b>4%</b>	<b>€0.10</b>
<b>Total food cost</b>		<b>€2.81</b>
<b>Portion Yield</b>		<b>4</b>
<b>Cost per portion</b>		<b>€0.70</b>

### Method

Roast the parsnip and shallots in a hot oven with the olive oil for 20 minutes to brown and soften. Add the chopped potato to the chicken stock and cook until tender, add cream, liquidise. Then add honey reheat to serve. Serve with brown bread.

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