



Food For Thought Recipe and Allergen Card

Cawl

100 Portions

Ingredient	Hannah Product Code	Quantity
Diced Lamb	Cook's	6kg
Diced Potato		2kg
Diced Onion		2kg
Sliced Leeks		2kg
Diced Garlic		6 cloves
Sliced Savoy Cabbage		2k
Salt and Pepper		To taste

RECIPE METHOD – ALLERGENS

1. Wash and prepare vegetables as stated above
2. Add enough oil for frying to a large heavy bottomed sauce pan
3. Once hot add onions and garlic, cook for 2 minutes
4. Add the lamb and season to taste with salt and pepper
5. Cook for 10 minutes until browned all over
6. Add carrots and cook for 2 minutes
7. Add enough water to cover the vegetables and meat, boil then simmer for once and a half hours, ensuring that the pan does not simmer dry
8. Add the potatoes, cabbage and leeks
9. Simmer for another hour, stirring regularly
10. Taste and adjust seasoning with salt and pepper

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...