



# Food For Thought Recipe and Allergen Card

## Moroccan Lamb

### 100 Portions

Ingredient	Hannah Product Code	Quantity
<b>Tomato Sauce</b> (As per FFT Recipe)		10 ltr
Diced Lamb		5k
Cinnamon	D001156	1 tbsp
Honey	D006985	400g
Fresh Mint		70g
Cumin	D001121	2 tbsp
Mixed Peppers		2k
Chick peas	D001496	3x 400g tins
Paprika	D001181	2 tbsp
Chilli Powder	D001114	1 tsp
Olive oil	D001010	For frying
Salt	D001199	
Pepper	D001103	

#### RECIPE METHOD – **ALLERGENS**

1. In a heavy bottomed sauce pan, add enough oil for frying and heat
2. Add the diced lamb
3. Season with salt and pepper, and half of the cinnamon, cumin and chilli
4. Brown all of the lamb on a high heat
5. Add enough water to just cover the lamb
6. Cook a low heat for 3 hours or until the lamb is very tender
7. In a separate pan make the **Tomato sauce** as per the FFT recipe
8. Fry off the diced peppers and drained chickpeas and add to the sauce
9. Add the cooked lamb with its stock to the sauce
10. Add the honey, and the remaining spices
11. Cook for 20 minutes to allow the flavours to develop together
12. Finish with fresh mint, adjusting herbs, spices and seasoning if necessary

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