

Recipe Name: Irish Lamb Stew

Recipe Category: Lamb Dinner

Portion Size: 1 cup lamb and rice, ½ c. squash

Ingredients: **Yields: 50 servings**

Ingredients	Notes:
12- 15 AP lamb stew meat	
5 pounds thickly sliced bacon, diced	
1 tablespoon salt	
1 tablespoon ground black pepper	
3 cups all-purpose flour	
¼ cup minced garlic	Washed, trimmed, peeled and trimmed
5 large onions	Washed, trimmed, peeled and diced
1 quart water	
1 gallon beef stock	
2 tablespoons sugar	
5 pounds carrots	Washed, trimmed, peeled and diced
5 pounds white potatoes	Washed, trimmed, peeled and diced
2 tablespoons dried thyme	
10 bay leaves	
1 quart white wine	(optional)

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Cook bacon in a skillet over medium high heat until evenly browned. Drain, crumble and set aside.	
2	Put lamb, salt, pepper and flour in a large mixing bowl. Toss to coat meat evenly. Brown meat in a large pot with bacon fat.	
3	Drain excess fat. Add the garlic onion and cook. Deglaze the pan with water. Add broth. Bring to a boil. Reduce heat and simmer for 1 ½ hours until meat is tender.	Lamb temperature must reach 165 degrees
4	Add carrots, potatoes, thyme, bay leaves and wine to pot. Simmer covered for 20 minutes until vegetables are tender. Remove bay leaves and serve hot.	

Time Temperature Sensitive food. Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41 °F or colder or using time alone (less than four hours). Always wash hands and wash and sanitize counter tops utensils and containers between steps when working with raw meat.

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½” particle size before mixing.

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4” particle size before mixing.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch before mixing.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. Peel squash. May add milk or sauce to puree. Do not add to much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding. Serve ½ c. puree meat, ½ c. puree potato mixture and ½ c. puree carrots separately. Cook potatoes and carrots separately.

Therapeutic Modified Diets:

Lowfat: Omit bacon.

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed

Bland/Anti Reflux: Omit onion, thyme, basil, garlic, bay leaves, bacon, wine and pepper.

Liberal House Renal: Omit salt, bacon and potatoes. Serve 1/2 cup SF rice or pasta in place of potatoes. Use SF beef stock.

No Added Salt: Omit bacon **2 Gram Sodium:** Omit salt, bacon and potatoes. Use SF beef stock

Gluten Free: Use GF broth. Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present. Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X						

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free

