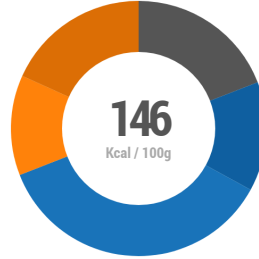


Crispy parmesan crusted mutton cannon

with roasted red puree dipping sauce

OVERVIEW ...



CALORIES:

50% Carbs

19.1% Protein

30.9% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT



EGGS



MILK

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

British Red Tractor Mutton Cannons..

5001939

U 150g

unchanged

149911 Granarolo Grated Parmigiano Reggiano.. - BRAKES

149911 GRATED PARMIGIANO REGGIANO

BRAKES 50g

unchanged

152213 Noble Egg Innovations Free Range Liquid Whole Egg..

FREE RANGE LIQUID WHOLE EGG

BRAKES 20ml

unchanged

33853 Brakes Breadcrumbs Uncoloured.. - BRAKES

33853 BREADCRUMBS UNCOLOURED

BRAKES 25g

unchanged

111313 Riverdene Roasted Red Peppers..

ROASTED RED PEPPERS

BRAKES 50g

unchanged

350098 Tate & Lyle Caster Sugar 2kg.. - BRAKES

350098 CASTER SUGAR

BRAKES 15g

N/A

113885 Herb Bunched Coriander.. - BRAKES

113885 HERB BUNCHED CORIANDER FRESH DIRECT

BRAKES 2g

N/A

113882 Premium Large Mint Bunch.. - BRAKES

113882 PREMIUM LARGE MINT BUNCH FRESH DIRECT

BRAKES 2g

N/A

134544 Kuhne Crispy Fried Onions.. - BRAKES

134544 FRIED ONIONS

BRAKES 2g

N/A

10473 Spring Onions Bunch.. - BRAKES

10473 SPRING ONIONS BUNCH FRESH DIRECT

BRAKES 10g

unchanged

114951 Sysco Classic Plain Flour.. - BRAKES

114951 FLOUR BRAKES

BRAKES 50g

0.03 x Each

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



376g / 554kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Prepare the cannons and roll tightly in cling film - place in a chiller, ideally overnight

Drain peppers

Mix the parmesan and breadcrumbs together

Finely slice the spring onions and place into iced water

Method:

1. In a blender blitz the peppers and sugar until smooth - pass through a sieve and set aside in a pan
2. Remove the mutton from the cling film and then pass this through the pane mix (flour/egg/breadcrumbs) - repeat this process then place into a chiller until required
3. In a deep fat fryer at 175oC fry the mutton for approx 3 minutes - drain onto a papered tray and rest.
4. Warm the red pepper sauce and spoon onto a suitable plate.
5. Carve the mutton into sushi sized portions and add to the dish.
6. Garnish with the herbs, spring onions and crispy onions - serve!