

## Cinnamon Lamb Broth

Broth rich with the flavors of cinnamon, lamb, and mint.

Yield: 1 gallon + 1 quart  
Serving Size: 20 (8 oz) servings  
Prep time: 10 minutes  
Cook time: 4.5 hrs



### Recipe Details

Ingredients	Weight/Metric		Measure
Water	128 fl oz	—	1 gal
Minor's® Natural Gluten Free Beef Base	2.5 oz	72 g	1/4 cup
Lamb leg	4 lb 5 oz	1950 g	1 each
Olive oil	2 oz	—	1/4 cup
Celery, sliced	3.25 oz	94 g	1 cup
Carrots, sliced	4.5 oz	125 g	1 cup
Onions, sliced	3.25 oz	92 g	1 cup
Garlic cloves	1.25 oz	36 g	8 each
Cinnamon sticks	.25 oz	9 g	2 each
Cloves, whole	—	5 g	1 Tbsp
Mint, fresh	.25 oz	7 g	12 sprigs
Pepper, black	—	2 g	1/2 tsp

### Preparation Steps

1. In a 2–3 gallon stockpot, add the water, Beef Base and the lamb. Bring to a low simmer.
2. In a separate pan over medium heat, add the oil. Brown the celery, carrots, onions and garlic until tender, being careful not to scorch.
3. Degrease the vegetables and add to the lamb stockpot along with the cinnamon sticks and a sachet of cloves. Simmer for 3–4 hours, adding additional water when necessary. When lamb broth has simmered long enough to fully develop all available flavor, strain and reserve broth. Add enough water back to the concentrated broth to yield 1 gallon. Season to taste. Discard the sachet of cloves.
4. Cool and shred lamb meat and return to broth. Add mint sprigs and pepper to broth. Check seasonings and hold until service.

### Serving Suggestions

If large garnishes such as lemon slices or large herb stems are present in soup stock, ladle around these garnishes when serving broth to customers, leaving them in during service.

# CINNAMON LAMB

## ORDER GUIDE

Order Guide for **50** Servings

### > Dry Goods

- € ☐ Cinnamon sticks
- € ☐ Cloves
- € ☐ Black pepper
- € ☐ 1 lb brown rice
- € ☐ 1.5 lb couscous, optional
- € ☐ 1 lb lentils, optional

### > Produce

*\*\*be sure to ask your distributor about local seasonal produce*

- € ☐ 8 oz celery
- € ☐ 8 oz onions
- € ☐ 8 oz carrots
- € ☐ 4 oz garlic
- € ☐ 2 oz mint
- € ☐ 3 lbs local seasonal vegetable\*
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### > Protein

- ☐ 4.5 lbs lamb leg

### > Refrigerated

- ☐ MINOR'S® Natural Gluten Free Beef Base 1 tub

# CINNAMON LAMB

## PREP GUIDE

**Serves: 50**

*All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.*

### > Day Before Service

- € ☐ Prepare cinnamon lamb broth recipe
- € ☐ Poach and dice 4.5 lbs leg of lamb
- € ☐ Cut for soup, blanch and shock 3 lbs local seasonal vegetables
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- € ☐ Cook 1 lb (dry weight) brown rice
- € ☐ Cook 1.5 lbs (dry weight) couscous, fluff with fork and toss with olive oil (optional item)
- € ☐ Cook 1 lb (dry weight) lentils (optional item)

### > Day of Service

- €€€ ☐ Reheat broth to a minimum of 180°F

### > Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ Refuse container
- € ☐ Soup kettle
- € ☐ 6 oz ladle for soup
- € ☐ Containers for holding vegetables and other garnishes cold (10)
- € ☐ Risers and station decorations
- € ☐ Serving tongs (10)
- €