

Foodco
Profit Center: FOOD SERVICE SOLUTIONS, Account #: 1-800-425-1425
Recipe Data File Report - (Batch Recipe Report)

Item #	Item Description	# of Units	Unit Description	Prep Instructions
1002	BEEF, DICED 1/2"	10.00	LB	
3021	ONIONS, YELLOW JUMBO	3.00	WZ	CHOPPED
3007	GARLIC, FRESH	2.00	WZ	
3004	CARROTS	8.00	WZ	CUBED 1/2"
3005	CELERY, FRESH	1.00	WZ	CHOPPED
3024	PARSNIPS, FRESH	1.00	WZ	CUBED 1/2"
3023	PARSLEY, FRESH	1.00	CT	CHOPPED
4416	BAY LEAF, WHOLE	6.00	CT	BOILED AND PE
4480	THYME, GROUND	2.00	TBL	
4065	TOMATO PASTE	1.00	FZ	
4038	ONIONS, PEARL	2.00	FZ	
4120	PEAS, FROZEN	2.50	WZ	
3015	MUSHROOMS, FRESH LRG	1.50	WZ	QUARTERED
4035	OIL, VEGETABLE/SALAD	0.50	FZ	
P8065	ROUX	0.50	WZ	
9010	WATER	2.50	FZ	
4410	BASE, BEEF	1.00	WZ	

Recipe instructions for P8010 BEEF STEW

This beef stew is an institutional adaptation from the classic French cuisine. The color of the stew should be a rich, reddish brown. The consistency of the sauce should be on the light side. A heavy, thick sauce is neither appetizing nor sophisticated. The peas should be added shortly before serving in order to keep their nice green color. The best meat size is large, lean chunks, evenly cut, about 1 - 1 1/2 ounces each, with 5-6 pieces per order.

1. Set oven temperature to 500 F. Place empty casserole in it and pre-heat.
2. Mix salt, pepper, and oil into the meat.
3. When the casserole is very hot, the oiled meat is put in it, evenly spaced.
4. The meat is cooked, while being stirred often, for 15 to 20 minutes, until well browned.
5. The fat is drained into a skillet or sauteuse and saved for later.
6. The tomato paste, thyme, and bay leaves are stirred into the meat.
7. When the tomato paste has browned, the stew is deglazed and simmered for a few minutes. Oven heat is reduced to 350 F.
8. The beef base and 2/3 of the water are added. The casserole is covered and simmered in the oven until nearly tender.
9. While the stew simmers, the onions, garlic, and remaining vegetables are sauteed in the fat to golden brown.
10. These vegetables are deglazed with the remaining water and then osterized.
11. The osterized sauce is returned to the top of the range. The stock and the roux are added and simmered for at least 30 minutes.
12. When the meat is tender, the pre-sauteed mushrooms, onions, and the defrosted raw peas are added to the stew in the oven.
13. The sauce, which is simmering on the top of the range, is strained over the stew.
14. The finished stew is brought to a full boil, checked for taste and sauce consistency. It is then transferred to the steam table for holding and serving.

Watch total cooking time. For good meat, about 60 minutes could be enough. Consider the time the meat has to be in the steam table.
MEAT MUST NEVER BE OVERCOOKED.

Be sure that Each serving gets an equal amount of meat, pearl onions, and mushrooms.

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Recipe ingredient instructions for 4038 ONIONS, PEARL
PRE-SAUTEED

Recipe ingredient instructions for 4120 PEAS, FROZEN

Defrosted. The peas should be added shortly before serving in order to keep their nice green color.

Recipe ingredient instructions for 3015 MUSHROOMS, FRESH LRG
PRE-SAUTEED

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