

Winter Beef Stew



Recipe Rating	
Total Time	80 Minutes
Cooking Time	55 Minutes
Total Labour	25 Minutes
Knife Skills	Basic

Equipment
Scale
Spatula
Large Mixing Bowl
Three ½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven) or Tray Service Retherm Cart

Nutrition Facts	
Valeur nutritive	
Per 1 serv (299g) / par 1 serv (299g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 280	
Fat / Lipides 11g	17%
Saturated / satures 5g	
+ Trans / trans 0g	26%
Cholesterol / Cholesterol 45mg	
Sodium / Sodium 340mg	14%
Carbohydrate / Glucides 24g	8%
Fibre / Fibres 3g	11%
Sugars / Sucres 4g	
Protein / Proteines 22g	
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	30%
Calcium / Calcium	4%
Iron / Fer	25%

Winter Beef Stew

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Cornstarch	70 g	14 tsp	135 g	27 tsp
Beef, cooked, cubed	1.6 kg	3.5 lbs.	3.2 kg	7.0 lbs.
Onion, minced	340 g	12 oz.	680 g	1.5 lbs.
Garlic, minced	30 g	6 tsp	70 g	14 tsp
Carrots, diced	800 g	1.8 lbs.	1.6 kg	3.5 lbs.
Potatoes, peeled, diced	1.7 kg	3.8 lbs.	3.4 kg	7.5 lbs.
Tomatoes, diced, canned	1.8 L	1.53quarts	3.6 L	3.1 quarts
Beef broth	1.1 L	38.5 fl. oz.	2.3 L	1.9 quarts
Thyme	4.5 g	4.5 tsp	9 g	9 tsp
Salt	5.5 g	1 tsp	11.5 g	2 ½ tsp
Pepper	1 g	1 tsp	2.5 g	2 ½ tsp

Method



1. In a small bowl, mix cornstarch and water until smooth, forming a slurry. Blanch carrots before cutting, and ensure carrots, potatoes, and onions are chopped finely. Combine all ingredients, including slurry, into large mixing bowl. Mix well.



2. Transfer mixture to three 2" deep half hotel pans. Cover with plastic wrap and tin foil.

Place pans on one of the top two racks in the dense section of the Multigen for 55 minutes at 140 °C.



3. **Bulk:** remove from Multigen and stir prior to serving.



4. Portion with three number 8 scoops. Serve warm.

Garnish: **Fresh parsley**

Food Accompany: **Bread, salad.**