



## 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) <b>or</b> 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	
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Fat / Lipides 11g	17%
Saturated / saturates 5g	
+ Trans / trans 0g	26%
Cholesterol / Cholesterol	45mg
Sodium / Sodium	340mg
Carbohydrate / Glucides	24g
Fibre / Fibres 3g	11%
Sugars / Sucres 4g	
Protein / Proteines 22g	
Vitamin A / Vitamine A	
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 1/2 tsp
Pepper	1 g	1 tsp	2.5 g	2 1/2 tsp

## Method

	<p>1. In a small bowl, mix cornstarch and water until smooth, forming a slurry. Blanche carrots before cutting, and ensure carrots, potatoes, and onions are chopped finely. Combine all ingredients, including slurry, into large mixing bowl. Mix well.</p>
	<p>2. Transfer mixture to three 2" deep half hotel pans. Cover with plastic wrap and tin foil.</p> <p>Place pans on one of the top two racks in the dense section of the Multigen for 55 minutes at 140 °C.</p>
	<p>3. <b>Bulk:</b> remove from Multigen and stir prior to serving.</p>
	<p>4. Portion with three number 8 scoops. Serve warm.</p>
<p><b>Garnish:</b> Fresh parsley</p> <p><b>Food Accompany:</b> Bread, salad.</p>	