

Food and Nutrition Services

Recipe Instructions

E 0373L Bowl, Beef Pot Roast

Served by Site	Servings	Serving Size	Portion Size	Scoop
	100 Portions	All	1 Bowl	
	100 Portions	Adults/Employees	1 Bowl	

Steps and Instructions

Percent of Total Weight	Ingredient Description	Total Weight	Measures	Instructions
16.42%	Beef, Diced Sous Vide 6/5lb	40 lb	40 lb	Step 1: Defrosting Beef
0.21%	Seasoning, Rosemary Garlic 20 oz	8.064 oz	1 cup + 8 tbs	<p>Instructions: Notes:</p> <ul style="list-style-type: none"> * Thaw product 3 to 4 days in advance under refrigeration at 41f and below. *Once cooked, reserve cooked beef liquid from bag to help retain moisture of the beef and for making the beef gravy. <p>2. Place beef in 2 inch perforated hotel pan and steam at 212f for 35 to 40 minutes until beef reaches 165f.</p> <p>3. Drain liquid from beef by placing a full hotel pan under perforated pan. Open bag of beef allowing liquid to drain. Reserve hot liquid in another pan at 145F in warmer and, place beef inside a 2 inch hotel pan. For every 25 servings or 5# bag of beef, add 6 oz of reserved liquid to keep beef moist along with the rosemary seasoning. Cover and place in warmer. Save remaining liquid to add to gravy.</p> <p>CCP: *Holding hot foods Hold at a minimum internal temperature of 140°F(60°C). The temperature must be checked every 4 hours or else labeled with a discard time.</p>

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Percent of Total Weight	Ingredient Description	Total Weight	Measures	Instructions
3.28%	Peppers, Red Whole 25# (#3920)	8 lb	8 lb	<p>Step 2: Roasted Vegetables</p> <p>Instructions: NOTE: Vegetables (excluding carrots and butternut squash) could be washed and cut 1 to 2 days in advance and stored in a hotel pan covered under refrigeration at 41f and below.</p> <p>(Carrots and butternut squash can be held separately with same directions)</p> <ol style="list-style-type: none"> 1. Wash all vegetables. Cut peppers, onions, into 1/2 inch dice, chop garlic and cut carrots in half. 2. Place cut carrots and butternut squash into perforated hotel pan and steam for 7 minutes at 212F (to blanch them). 3. After steaming carrots and squash, place in a bowl and add other vegetables, oil, and seasonings. Toss together and place on lined sheet tray. Roast in convection oven at 370F for 16 to 22 minutes or until it reaches 145F. 4. Remove and place vegetables in 4 inch hotel pan, wrap and place in warmer and hold covered at 145f until ready to use.
3.28%	Onions, Red Whole 25# (#3655)	8 lb	8 lb	
0.62%	Garlic, Raw Peeled 1/ 5 lb Jar	1 lb 8 oz	1 lb + 8 oz	
3.28%	Carrots, Baby mini peeled 20# (#2675)	8 lb	8 lb	
3.28%	Squash, butternut 3/4" diced (#4491)	8 lb	8 lb	
1.23%	Oil, Olive Blend 3/1 gal	3 lb	3 lb	
0.27%	Sugar, Granulated	10.582 oz	1 cup + 8 tbsp	
0.02%	Cinnamon, Ground	.734 oz	2 2/3 tbsp	
0.17%	Spice, Pepper Black 16 oz	6.772 oz	1 cup	
0.10%	Seasoning, Vegetable Garden Salt Free, 19 oz	3.810 oz	1 cup + 8 tbsp	
0.26%	Salt, Iodized 18/2.25 lb	10.159 oz	1 cup	
0.21%	Seasoning, Rosemary Garlic 20 oz	8.064 oz	1 cup + 8 tbsp	
				<p>CCP: *Holding hot foods</p> <p>Hold at a minimum internal temperature of 140°F(60°C). The temperature must be checked every 4 hours or else labeled with a discard time.</p>

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Percent of Total Weight	Ingredient Description	Total Weight	Measures	Instructions
0.82%	Margarine, Block 30/ 1lb	2 lb	2 lb	<p>Step 3: Mashed Potatos</p> <p>Instructions: 1. Mix 1 bag of instant mashed potatoes in mixing bowl add seasonings, 1 gallon of hot water, 4 oz of margarine, and mix together.</p> <p>2. After mixing thoroughly, empty potatoes into half 4 inch hotel pan cover with parchment paper and plastic wrap then place in steamer at 212F for 14-18 until temperature reaches 145f. Hold in warmer.</p> <p>(NOTES FOR REFERENCE: One bag of potatoes will yield 40/4 oz portions)</p> <p>CCP: *Holding hot foods Hold at a minimum internal temperature of 140°F(60°C). The temperature must be checked every 4 hours or else labeled with a discard time.</p>
5.13%	Potato, Mashed Idahoan 12/25.2oz =480 / .5cup ser	12 lb 8 oz	12 lb + 8 oz	
26.27%	Water, Tap, Municipal	64 lb	64 lb	
0.14%	Spice, Onion Granulated, 20 oz	5.418 oz	1 cup	
0.17%	Spice, Pepper Black 16 oz	6.772 oz	1 cup	
0.26%	Spice, Garlic Granulated 24 oz	10.159 oz	1 cup + 8 tbsp	

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6.57%	Mushroom, medium whole	16 lb	16 lb	<p>Step 4: Brown Mushroom Gravy</p> <p>Instructions: 1. Wash and slice mushrooms into 1/4 inch slices, chop fresh garlic then place on lined sheet tray. Add oil, salt, pepper, rosemary seasoning, mix together and roast at 370F in convection oven for 10 minutes or until 145F. Place in warmer.</p> <p>Gravy instructions per 10oz gravy packet: 2. In mixing bowl add 1 pack of gravy mix with 13 cups of hot water then add 2 cups and 4 ounces of liquid reserved from beef (20 ounces). Add 2 lbs. roasted mushrooms and stir thoroughly.</p> <p>3. Empty gravy into 6 inch half hotel pan add margarine and fresh chopped parsley, cover then steam at 212F for 16-20 minutes or until product reaches 145F, then hold at 145F for serving.</p> <p>(Note for every 25 portions: 20 oz of liquid should be reserved from each package of beef and added with water for each pack of gravy.)</p> <p>CCP: *Holding hot foods Hold at a minimum internal temperature of 140°F(60°C). The temperature must be checked every 4 hours or else labeled with a discard time.</p>
0.82%	Garlic, Raw Peeled 1/ 5 lb Jar	2 lb	2 lb	
0.82%	Oil, Olive Blend 3/1 gal	2 lb	2 lb	
0.13%	Salt, Iodized 18/2.25 lb	5.079 oz	0 cup + 8 tbsp	
0.26%	Spice, Pepper Black 16 oz	10.159 oz	1 cup + 8 tbsp	
0.21%	Seasoning, Rosemary Garlic 20 oz	8.064 oz	1 cup + 8 tbsp	
2.05%	Mix, Gravy Brown Low Sodium	5 lb	5 lb	
22.28%	Water, Tap, Municipal	54 lb 4.684 oz	6 1/2 gal	
0.62%	Parsley, Curley Fresh 25 lb/ 60 ct	1 lb 8 oz	1 lb + 8 oz	
0.82%	Margarine, Block 30/ 1lb	2 lb	2 lb	

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Percent of Total Weight	Ingredient Description	Total Weight	Measures	Instructions
				<p>Step 5: ASSEMBLE/ HACCP</p> <p>Instructions: Assemble: Using 12 oz bowl portion:</p> <ul style="list-style-type: none"> * 4 oz of mashed potato in bowl using a 4 oz spoodle or # 8 scoop. * portion 4 oz of Roasted Vegetables over the top of potatoes using 4 oz spoodle. *portion 3 oz of beef on top of roasted vegetables using a 3 oz spoodle. *Top beef with 2 oz of mushroom gravy using a 2 oz ladle. *garnish with fresh chopped parsley (optional). <p>Cover with lid and place in warmer holding at 145F and above.</p> <p>Potentially Hazardous foods. Food Safety Standards:</p> <ol style="list-style-type: none"> 1.Do no mix old product with new product. 2. Do not reheat, discard after service. 3. Gravies must be discarded the same day. <p>Contribution: 2 oz eq. M/MA, 1c. Vegetable (2 Components)</p>
			CCP:	<p>*Holding hot foods Hold at a minimum internal temperature of 140°F(60°C). The temperature must be checked every 4 hours or else labeled with a discard time.</p>

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				<p>Step 6:</p> <p>CCP: *Holding hot foods Hold at a minimum internal temperature of 140°F(60°C). The temperature must be checked every 4 hours or else labeled with a discard time.</p>

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Production Notes:

Weigh spices in advance.
Wash and process veggies at least day in advance.

Reserve beef liquid for gravy and to help moisten the meat.

Serving Notes:

If meal is served with dinner roll(s) it is a complete meal.