



Food For Thought Recipe and Allergen Card

Beef bourguignon

50 Portions

Ingredient	Hannah Product Code	Quantity
Diced Beef		5kg
Carrots	C003001	2kg
Shallots	F010143	2kg
Onion	C003011	3kg
Celery	C003022	1kg
Fresh Garlic (chopped)	C003076	
Olive Oil	D001010	
Tomato puree	D001630	2 tbls
white Cooking Wine	D0012006	To taste

RECIPE METHOD – ALLERGENS

1. Heat the Olive oil in a large heavy bottomed pan and begin sealing the diced beef.
2. Cook for around 5 minutes seasoning the beef with salt and pepper.
3. Add the garlic and shallots, carrots and celery, stirring them into the beef.
4. Add the tomato puree to the beef and stir.
5. Cover the beef mixture with white cooking wine and allow to simmer for around an hour, topping up if needed.
6. Move the mixture to gastro trays and cover with a lid, place the gastro in the oven and cook for around 2 hours.

The allergens highlighted in **RED** are present in this dish

Allergens:

Cereals : **Wheat**

Rye

Barley

Oats

Spelt

Kamut

Milk

Eggs

Peanuts

Tree Nuts

Sesame

Fish

Crustaceans

Molluscs

Celery

Mustard

Soya

Lupin

Sulphites

May contain...