



# Food For Thought Recipe and Allergen Card

## Beef Stifado

### 100 Portions

Ingredient	Hannah Product Code	Quantity
Cinnamon	D001156	To Taste
Diced Beef	Lakes	7kg
Shallots	F010143	1 kg
Red Wine Vinegar	D0012014	200ml
Olive Oil	D001010	For Roasting
Ground Nutmeg		To Taste
Bay Leaves	Almonds	10
Rosemary	Almonds	To Taste
Garlic	Almonds	2 Cloves
Onions	Almonds	3kg
Tomato Puree	D001630	1kg
Salt and Pepper		To Taste

#### RECIPE METHOD – ALLERGENS

1. Put meat in a frying pan and sear the meat then add the olive oil, onions and garlic leave until onions start to go soft (about 5 minutes)
2. Add water to cover Beef
3. Add your cinnamon, nutmeg, bay leaves, rosemary, tomato puree and salt and pepper to taste. keep stirring to let all your ingredients mix together.
4. Finally add your tomatoes and continue stirring for 5 minutes,
5. then transfer to a gastro or casserole dish and add about 1/4 - 1/2 litre of water, be careful not to drown the sauce, then cook for at least one hour in the oven on a moderate heat, keeping checking you do not want it to dry out and add water if needed you are aiming for a thick rich sauce texture,
6. add the shallots to Stifado after one hour of cooking in the oven and then add them to the pot and cook for a further 1 hour until the meat is tender.

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...