



Food For Thought Recipe and Allergen Card

Caribbean Curry Beef

100 Portions

Ingredient	Hannah Product Code	Quantity
Diced Beef	Cook's of Rainford	6kg
Turmeric Powder	D001173	2 tbsp
Dried Coriander	D001194	2 tbsp
Mixed Spice	D001175	1 tsp
Black Pepper	D001103	1 tbsp
Chilli Powder	D001110	1 tsp
Dried Ginger	D001166	1 tsp
Dried Cumin	D001121	2 tbsp
Onion (Diced)		1k
Garlic (Diced)		1 bulb
Peeled, Diced Potato		1kg
Tomato Puree	D001630	400g

RECIPE METHOD – ALLERGENS

1. Combine the dry spices to make a mixed curry powder
2. Season the beef with salt and pepper
3. Fry the beef in a hot frying pan with olive oil
4. Add the homemade curry powder
5. Cook until well browned
6. Add the onions and garlic, cook for 2 minutes
7. Add the tomato puree (half of an 800g tin) and cook for 2 minutes stirring well
8. Add enough water to cover the beef and bring to the boil
9. Reduce to a simmer and cook for 2 ½ hours adding more water if necessary
10. Add the diced potatoes and cook for another 30 minutes or so until tender
11. Adjust seasoning if necessary adding salt, pepper or other aromatic spices
12. Adjust consistency if necessary by adding more water

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...