



Food For Thought Recipe and Allergen Card

Gravy Sauce

100 Portions

Ingredient	Hannah Product Code	Quantity
Onion – Diced		2k
Carrot – Diced		2k
Celery - Diced		2k
Olive oil	D001010	For frying
Knorr Gravy Powder	D006533	As required
Salt		To taste
Pepper		To taste
Mixed herbs	D001161	2 tbsp

RECIPE METHOD – **ALLERGENS**

1. In a heavy bottomed sauce pan, add the oil for frying and add the diced onion, carrot and **celery**
2. Cook on a high heat for 4 minutes stirring regularly as not to burn the ingredients
3. Turn down the heat, add the dried herbs and cook for a further 10 minutes until the vegetables are tender
4. Add enough water to cover the vegetables and to the required volume of finished product
5. Bring to the boil and puree using a hand blender
6. Following the manufacturer’s instructions for the gravy mix, thicken until the desired consistency is achieved

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...