



## Food For Thought Recipe and Allergen Card

### Irish Stew

### 100 Portions

Ingredient	Hannah Product Code	Quantity
Diced beef		4kg
Onion – Diced		2kg
Carrot – Peeled and diced		2kg
Swede – Peeled and diced		2kg
Potato – Peeled and diced		2kg
Salt		To taste
Pepper		To taste
Knorr Gravy Granules	D006533	As required
Olive Oil	D001010	For frying
Garlic		3 cloves
Mixed herbs	D001161	2 tbsp
Pearl Barley	D006105	1kg

#### RECIPE METHOD – ALLERGENS

1. In a large heavy bottomed frying pan add enough olive oil for frying
2. Heat the pan until smoking then add the diced steak and season with salt, pepper and mixed herbs
3. Cook until well browned
4. Add diced onion and garlic and cook for further 5 minutes stirring regularly, turn down the heat to medium and allow to cook for at least 10 minutes
5. Add enough water to completely cover the meat, bring it to the boil and SIMMER for AT LEAST 3 hours
6. After 3 hours add the diced carrot, swede and potato and top up with enough water just cover all ingredients
7. In a separate large pan add the pearl barley and cover with water and bring to the boil – then simmer for 30 minutes and drain
8. Bring the pan to the boil, add the pearl barley, and SIMMER for 40 minutes, until the vegetables are tender but not over cooked
9. Adjust the seasoning
10. IF REQUIRED to add thickness to the sauce, follow the manufacturer's instructions for the gravy granules

The allergens highlighted in <b>RED</b> are present in this dish
Allergens:
Cereals : Wheat Rye <b>Barley</b> Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...