



Food For Thought Recipe and Allergen Card Steak and Vegetable Shortcrust Pastry Pie

100 Portions

Ingredient	Hannah Product Code	Quantity
Diced Steak	Cook's of Rainford	6kg
Onion (Diced)		1kg
Carrot (Diced)		1kg
Garlic (Diced)		5 cloves
Garden Peas	F003010	500g
Shortcrust Pastry (FFT Recipe)		4kg
Knorr Gravy Powder (Gluten Free)	D006533	As required
Beaten Egg	C000350	2
Salt and Pepper		
Mixed Herbs	D001175	2 tbsp

RECIPE METHOD – ALLERGENS

1. In a large saucepan add a generous glug of oil for frying and put on a high heat
2. Once the oil is hot add the onions and carrots and fry for a couple of minutes until starting to colour
3. Add the diced steak and season liberally with salt and pepper
4. Once the steak has started to brown, add the garlic and mix well
5. Add the mixed herbs and allow to cook for about 10 minutes on a medium heat
6. Add enough water to cover the ingredients, and bring the pan to the boil, reduce to a simmer and cook for 1 ½ hours adding more liquid if necessary
7. Add the garden peas, then following the manufacturer's instructions thicken the sauce with the gravy powder
8. Taste the sauce, adjusting seasoning if necessary
9. Prepare the shortcrust pastry as per the FFT recipe
10. Portion the pie filling into ceramic dishes, then top with the rolled out pastry
11. Brush with beaten egg, cook in the oven at 170°C until the pastry is golden and the dish is piping hot in the middle

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...