

Aberdeenshire Roast Beef & Gravy

Allergens – Celery, Gluten

Ingredients

Quantity	Ingredient
1.5kg	Rolled Silverside of Beef
15g	Beef Bouillon Paste Knorr (contains Celery)
40g	Bisto (contains Wheat, Barley)
40g	Cornflour
1.5 ltr	Water



Vegetable & Carbohydrate is provided based on current menu

Method

1. Roast the beef at 180°C/350°F/Gas mark 4 for approximately 2½ hours until core temperature reads 75°C.
2. Once cooked, cool the beef as per the Food Safety Management System.
3. Slice and place in a serving tin dish and reheat to 82°C.
4. Make the gravy with water, bouillon, cornflour, bisto and pour over the meat.
5. Heat through in the oven until a minimum of 82°C is reached.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 64.7	= 1.94	= .72	= 0.05	= 0.33	= 1.83

Portion size - Primary – 140g meat & gravy