

BRAISED BEEF CUBES

Yield 100

Portion 6-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
223 cal	7 g	24 g	10 g	66 mg	428 mg	14 mg

Ingredient

	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEEF,DICED,LEAN,RAW	30 lbs		
WATER	10-1/2 lbs	1 gal 1 qts	
ONIONS,FRESH,SLICED	4 lbs	1 gal	4-1/2 lbs
PEPPER,BLACK,GROUND	2/3 oz	3 tbsp	
THYME,GROUND	1/2 oz	3 tbsp	
GARLIC POWDER	3/8 oz	1 tbsp	
BAY LEAF,WHOLE,DRIED	1/4 oz	6 each	
SALT	3-3/8 oz	1/4 cup 1-2/3 tbsp	
WATER,COLD	3-1/8 lbs	1 qts 2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	1-1/2 lbs	1 qts 1-1/2 cup	

Method

- 1 Place beef, water, onions, pepper, thyme, garlic powder, bay leaves and salt in steam-jacketed kettle or stock pot. Bring to a boil; reduce heat; cover; simmer about 2 hours or until tender. Skim off excess fat. Remove bay leaves.
- 2 Combine flour and water to make smooth mixture; stir into beef mixture. Blend well. Return to boil. Reduce heat; cook 10 minutes or until thickened. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 CCP: Hold for service at 140 F. or higher.