

BEEF POT ROAST

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
406 cal	6 g	35 g	26 g	114 mg	411 mg	18 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEEF,POT ROAST,RAW	40 lbs		
WATER,BOILING	8-1/3 lbs	1 gal	
SALT	3 oz	1/4 cup 1 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
ONIONS,FRESH,SLICED	3 lbs	3 qts	3-3/8 lbs
GARLIC POWDER	1/3 oz	1 tbsp	
FLOUR,WHEAT,GENERAL PURPOSE	1-1/4 lbs	1 qts 1/2 cup	
WATER,COLD	3-1/8 lbs	1 qts 2 cup	
RESERVED STOCK	10-1/2 lbs	1 gal 1 qts	

Method

- 1 Place roasts in stock pot or steam-jacketed kettle; brown on all sides; add water.
- 2 Add salt, pepper, onions and garlic. Cover. Simmer 3-1/2 to 4-1/2 hours or until tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Remove scum as it rises to the surface during cooking. Remove cooked beef. Skim off excess fat from stock. Reserve stock for use in Step 4.
- 3 Let roast stand 20 minutes; slice 1/8-inch thick. CCP: Hold for service at 140 F. or higher.
- 4 Combine flour and water, stirring until smooth; add to stock, stirring constantly. Cook 10 minutes or until slightly thickened. Remove bay leaves before serving. CCP: Temperature must reach 165 F. or higher for 15 seconds.
- 5 Serve sauce with sliced meat. CCP: Hold for service at 140 F. or higher.