

SIMMERED BEEF

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
397 cal	4 g	35 g	26 g	114 mg	416 mg	34 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEEF,POT ROAST,RAW	40 lbs		
WATER,BOILING	33-1/2 lbs	4 gal	
CARROTS,FRESH,CHOPPED	2 lbs	1 qts 3-1/8 cup	2-1/2 lbs
CELERY,FRESH,CHOPPED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
ONIONS,FRESH,CHOPPED	4 lbs	2 qts 3-3/8 cup	4-1/2 lbs
BAY LEAF,WHOLE,DRIED	1/8 oz	4 each	
CLOVES,WHOLE	4-2/3 oz	20 each	
SALT	2-7/8 oz	1/4 cup 2/3 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	

Method

- 1 Place roasts in stock pot or steam-jacketed kettle; brown on all sides; add water to cover.
- 2 Add carrots, celery, onions, bay leaves, cloves, salt and pepper.
- 3 Simmer 2-1/2 to 3 hours or until tender. DO NOT BOIL OR OVERCOOK. 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; remove bay leaves and cloves.
- 4 Let roast stand 20 minutes before slicing. CCP: Hold for service at 140 F. or higher.