

SWISS STEAK WITH BROWN GRAVY

Yield 100

Portion 7-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
329 cal	7 g	37 g	16 g	108 mg	545 mg	16 mg

Ingredient

	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEEF,SWISS STEAK,LEAN,RAW,THAWED	37-1/2 lbs		
OIL,SALAD	1-1/2 lbs	3 cup	
ONIONS,FRESH,CHOPPED	3-1/8 lbs	2 qts 1 cup	3-1/2 lbs
BEEF BROTH		2 gal	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
GARLIC POWDER	1/8 oz	1/4 tsp	
WORCESTERSHIRE SAUCE	6-1/3 oz	3/4 cup	
ONIONS,FRESH,CHOPPED	3-1/8 lbs	2 qts 1 cup	3-1/2 lbs
FLOUR,WHEAT,GENERAL PURPOSE	1-1/8 lbs	1 qts	
WATER	2-1/8 lbs	1 qts	

Method

- 1 Grill steaks on well greased griddle 5 minutes on one side and then 4 minutes in the other.
- 2 Evenly layer 25 steaks into each ungreased steam table pan.
- 3 Cook onions in a lightly sprayed steam-jacketed kettle or stock pot 8 to 10 minutes, stirring constantly.
- 4 Prepare beef broth according to instructions on package.
- 5 Add broth, pepper, garlic powder, Worcestershire sauce to cooked onions; stir to blend. Bring to a boil; reduce heat to simmer.
- 6 Blend flour and cold water to make a slurry. Add slurry to broth and onions, stirring constantly. Bring to a boil. Cover; reduce heat; simmer 2 minutes or until thickened, stirring frequently.
- 7 Pour gravy evenly over steaks in each pan.
- 8 Using a convection oven, bake 2 hours at 325 F. or until tender on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.