



Beef Pot Roast Recipe





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Recipe Items:	1 Portion	5 Portions
PE Beef (PE#21731)	#10 Scoop (100 gm)	500 gm (17.7 oz)
Horseradish (smooth)	¼ tsp (1 ml)	6 ml (1¼ tsp)
Beef Gravy	1 fl oz (30 ml)	150 ml (5.1 fl oz)
Nutritional analysis presented contains only these ingredients		1 cm chub slice = approx. 40gm, 1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.



2. Plate the #10 Scoop (100 gm) of beef mousse into the centre of the plate.

If cold plating, make sure to spread out so the plate cover can fit tight.



3. Combine 1 fl oz (30 ml) of beef gravy and ¼ tsp (1 ml) of horseradish prior to plating.

4. Pour the hot beef gravy evenly over the top of the beef mousse.



5. Garnish with green and/or orange color vegetable mousse combinations.

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F



Variations: add mashed potato and vegetable sides as desired. For additional flavours and variety, add ground herbs.

Nutrition Facts	
Valeur nutritive	
Per 1 plate (126g) / par 1 plate (126g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	170
Fat / Lipides 7g	11%
Saturated / satures 2.5g	
+ Trans / trans 0g	13%
Cholesterol / Cholesterol 20mg	
Sodium / Sodium 560mg	23%
Carbohydrate / Glucides 15g	5%
Fibre / Fibres less than 1g	4%
Sugars / Sucres less than 1g	
Protein / Proteines 15g	
Vitamin A / Vitamine A	2%
Vitamin C / Vitamine C	0%
Calcium / Calcium	2%
Iron / Fer	15%

