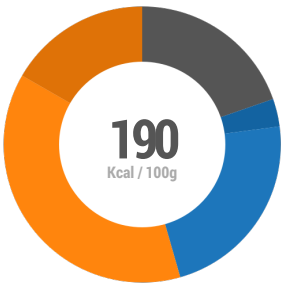


Beef Bourguignon with root vegetables and dumplings

By Colin Salmon from Brakes



WEIGHT:
25.9% Carbs
19.7% Protein
54.4% Fat

Food Labelling...

EU Label values per 100g

Serves 10

	PER 100G	%RI	PER 435G SERVING	%RI	
Energy(Kj)	805 kJ	10%	3501 kJ	42%	<div>CONTAINS:</div> <div><div>WHEAT, BARLEY</div><div>SULPHITES</div></div>
Energy(Kcal)	193 kcal	10%	839 kcal	42%	
Fat	12 g	17%	50 g	71%	
of which saturates	3.5 g	18%	15 g	75%	
Carbohydrate	12 g	5%	54 g	21%	
of which sugars	1.6 g	2%	6.7 g	7%	
Fibre	1.2 g	5%	5.1 g	20%	
Protein	9.4 g	19%	41 g	82%	
Salt	0.65 g	11%	2.8 g	47%	

Nutrient Breakdown per 100g...


Energy		Lipid Components		Vitamins	
Energy(Kcal) 10% RI	190kcal	Saturated Fat 18% RI	3.5g	Vitamin A (ret eq)	-
Energy(Kj) 9% RI	795kJ	Monounsaturated fat	-	Retinol	-
Macronutrients		cis-Mono	-	Carotene	-
Carbohydrate 5% RI	12.4g	Polyunsaturated fat	-	Vitamin D	-
Protein 19% RI	9.4g	Omega3(n-3)	-	Vitamin E	-
Fat 16% RI	11.5g	Omega6(n-6)	-	Vitamin K ₁	-
Water	65g	cis-Poly	-	Thiamin (B ₁)	-
Water from Drinks	0g	Trans-fatty acids	-	Riboflavin (B ₂)	-
Alcohol	-	Cholesterol	-	Niacin total (B ₃)	-
Carbohydrate		Minerals & trace elements		Niacin	-
Starch	10.8g	Sodium 11% RI	258mg	Tryptophan	-
Oligosaccharide	-	Potassium	392mg	Pantothenic Acid (B ₅)	-
Fibre 5% RI	1.2g	Chloride 49% RI	-	Vitamin B ₆	-
NSP	0.91g	Calcium	-	Folates (B ₉) Total	0ug
Sugars 2% RI	1.6g	Phosphorus	-	Vitamin B ₁₂	-
Glucose	-	Magnesium	-	Biotin (B ₇)	-
Galactose	-	Iron	-	Vitamin C	-
Fructose	-	Zinc	-	Other	
Sucrose	-	Copper	-	GI (estimated)	0
Maltose	-	Manganese	-	GL	-
Lactose	-	Selenium	-	Caffeine	-
		Iodine	-		

Recipe Ingredients ...	Quantity:	Description:	Cost:
33889 Veraneo Olive Oil	200g	0.1x Each	GBP0.93
70068 Prime Meats British Diced Chuck Steak	1.6kg	0.6x Each	GBP12.84
450693 Carrots CLASS II	400g	0.2x Each	GBP0.25
10226 Button Mushrooms	500g	1x Each	GBP1.83
12011 Shallots	500g	0.5x Each	GBP1.88
115277 Brakes Plain Flour	200g	0.1x Each	0.00
130549 Brakes Beef Bouillon Mix	80g	0x Each	GBP0.50
28326 Brakes Tomato Paste	150g	0.2x Each	GBP0.36
25690 Brakes Dry Red Cooking Wine	240g	0x Each	GBP0.53
115278 Brakes Self Raising Flour	320g	0.1x Each	0.00
33567 Vegetarian Suet	150g	0x Each	GBP0.82
33593 Brakes Rosemary	5g	0x Each	GBP0.07

TOTAL COST: **GBP20.01** RRP : **GBP20.01**

Portions / Pack Sizes ...

1 Serving



435g / 839kcal

\$ GBP2.00 / GBP2.00 ↗

\$ *Sale price*

Ingredient List (QUID) ...

70068 Prime Meats British Diced Chuck Steak (36.8%) [Beef], 12011 Shallots (11.5%), 10226 Button Mushrooms (11.5%), 450693 Carrots CLASS II (9.2%), 115278 Brakes Self Raising Flour (7.4%) [**wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], 25690 Brakes Dry Red Cooking Wine (5.5%) [De-Alcoholised Red Wine (**sulphites**) From Concentrate (58%), Red Wine (**sulphites**) (40%), Salt (2%), Preservative(Potassium **Metabisulphite**)], 33889 Veraneo Olive Oil (4.6%) [Olive Oil (80%), Virgin Olive Oil (20%)], 115277 Brakes Plain Flour (4.6%) [**wheat** Flour (with Calcium, Iron, Niacin, Thiamin).], 28326 Brakes Tomato Paste (3.5%) [Tomatoes, Acidity Regulator(Citric Acid)], 33567 Vegetarian Suet (3.5%) [Non Hydrogenated Vegetable Oil (Palm Oil, Sunflower Oil), **wheat** Flour (**wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine)], 130549 Brakes Beef Bouillon Mix (1.8%) [Salt, Cornflour, Potato Starch, Flavourings (**Barley**), Sugar, Onion Powder, Beef Powder, Colour (Ammonia Caramel), Palm Oil, Ground Black Pepper], 33593 Brakes Rosemary (0.12%) [Dried Rosemary]

Cooking Instructions & Notes

Prep

- Peel Onion and cut into large chunks
- Clean Carrots and quarter
- Peel Shallots but leave whole
- Make up beef stock with 1ltr water

Method

- Pre-heat oven to 170 C
- In a large heavy bottomed pan, heat oil and add the beef to brown all over
- Add the flour & mix thoroughly, then add the carrots, mushrooms & shallots

Pour over the red wine & stock, then cover & cook in the oven for 2-3 hours slowly

Make the dumplings by mixing the suet with the self-raising flour, adding the rosemary & season.

Bind with a little water and portion into 12

Place the dumpling in the casserole 35-40 mins before cooking is complete and return to the oven

When the beef is tender, stir in the redcurrant jelly and season to taste.