

# Shepard's Pie

Meat/Meat Alternate

Main Dish

D-43 Modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 10% fat)	8 lb 5 oz				<p>1. Brown ground beef. Drain. Continue to step 2 immediately after performing food safety steps.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 155° F for 17 seconds.</i></p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>2. Add onions to ground beef and sauté for 5 minutes or until translucent.</p> <p>3. Mix frozen carrots and peas into ground beef mixture. Set aside.</p> <p>4. For gravy: Heat beef stock in steam-jacketed kettle to a boil. Combine cornstarch and cold water, mixing thoroughly to make a lump free slurry. Add cornstarch mixture to beef stock, stirring constantly.</p> <p>Note: <b>Do not</b> add dry cornstarch directly to the beef stock as it will cause lumping in the gravy. Cornstarch must be mixed with cold water before adding to hot stock.</p> <p>5. Bring gravy to a boil. Remove from heat.</p> <p>6. Add thyme, pepper, onion powder and salt to gravy.</p> <p>7. Add gravy to ground beef mixture.</p> <p>Continued</p>
*Fresh onions, diced, ¼-inch OR Dehydrated onions	8 oz OR 1 ½ oz	1 ⅓ cup OR ¾ cup			
Frozen sliced carrots	2 lb 6 oz	2 qt ½ cup			
Frozen peas	2 lb 6 oz	1 qt 3 ½ cup			
Beef stock, non-MSG, low sodium		2 qt			
Cornstarch	4 oz	¾ cup 2 Tbsp			
Water, cold		1 cup			
Dried thyme		1 Tbsp			
Ground black or white pepper		2 tsp			
Onion powder		1 tsp			
Salt		2 tsp			

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<p>Mashed potatoes, from recipe</p> <p>OR</p> <p>Water, boiling <i>and</i> 1% Low Fat Milk, hot <i>and</i> Potato flakes</p>	<p>1 lb</p>	<p>25 servings</p> <p>OR</p> <p>3 cups</p> <p>3 cups</p> <p>3 qt</p>			<p>8. Pour 3qt 3 cups (8 lb 5 oz) of ground beef mixture into each steam table pan. For 50 servings, use 2 pans.</p> <p>9. If using potato flakes, place boiling water and milk in a large mixer bowl. Add potato flakes. Mix with a paddle attachment for 1 minute, until well blended.</p> <p>10. Spread 4 lb 2 oz of mashed potatoes over the ground beef mixture in each steamable pan. Sprinkle with paprika.</p> <p>11. Bake at 375° for 45 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
<p>Paprika</p>		<p>1 tsp</p>			

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<b>Notes:</b>
Nutrient information in progress.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mature onions	10 oz	1 lb 3 oz

<b>Serving: 1 piece provides 2 oz equivalent meat/meat alternate and 1/2 cup vegetable</b>	<b>Yield:</b>	<b>Volume:</b>
1-2 years: ½ piece (0.5 serving)	<b>50 Servings: 25 lbs</b>	<b>50 Servings: 2 steamtable pans</b>
3-5 years: ¾ piece (.75 serving)		
6-18 years: 1 piece ( 1 serving)	<b>100 Servings: 50 lbs</b>	<b>100 Servings: 4 steamtable pans</b>

Nutrients Per Serving		
<b>Calories</b>	<b>Saturated Fat</b>	<b>Iron</b>
<b>Protein</b>	<b>Cholesterol</b>	<b>Calcium</b>
<b>Carbohydrate</b>	<b>Vitamin A</b>	<b>Sodium</b>
<b>Total Fat</b>	<b>Vitamin C</b>	<b>Dietary Fiber</b>