

# Beef Shepherds Pie

Meat/Meat Alternate-Vegetable

Main Dishes

D-43

| Ingredients                               | 50 Servings |               | 100 Servings |              | Directions                                                                                                                                                                                                                              |
|-------------------------------------------|-------------|---------------|--------------|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                           | Weight      | Measure       | Weight       | Measure      |                                                                                                                                                                                                                                         |
| Raw ground beef<br>(no more than 20% fat) | 8 lb 8 oz   |               | 17 lb        |              | 1. Brown ground beef. Drain. Continue immediately.                                                                                                                                                                                      |
| *Fresh onions, diced                      | 8 oz        | 1 ½ cups      | 1 lb         | 2 ¾ cups     | 2. Add onions to ground beef and sauté for 5 minutes or until translucent.                                                                                                                                                              |
| OR<br>Dehydrated onions                   | 1 ½ oz      | ¾ cup         | 3 oz         | 1 ½ cups     |                                                                                                                                                                                                                                         |
| Frozen sliced carrots                     | 2 lb 6 oz   | 2 qt ½ cup    | 4 lb 12 oz   | 1 gal 1 cup  | 3. Mix frozen carrots and frozen peas into ground beef mixture. Set aside.                                                                                                                                                              |
| AND<br>Frozen peas                        | 2 lb 6 oz   | 1 qt 3 ½ cups | 4 lb 12 oz   | 3 qt 3 cups  |                                                                                                                                                                                                                                         |
| OR<br>Frozen mixed vegetables             | 6 lb 1 oz   | 3 qt 2 ¾ cups | 12 lb 2 oz   | 1 gal 3 ¾ qt |                                                                                                                                                                                                                                         |
| Beef stock, non-MSG                       |             | 2 qt          |              | 1 gal        | 4. Gravy: Heat beef stock in steam-jacketed kettle to a boil. Combine cornstarch and cold water in a bowl. Slowly add cornstarch mixture to beef stock, stirring constantly. Reheat to a boil. Remove from heat and reserve for step 5. |
| Cornstarch                                | 4 oz        | ¾ cup 2 Tbsp  | 8 oz         | 1 ¾ cups     |                                                                                                                                                                                                                                         |
| Water, cold                               |             | 1 cup         |              | 2 cups       |                                                                                                                                                                                                                                         |
| Dried thyme                               |             | 1 Tbsp        |              | 2 Tbsp       | 5. Add thyme, pepper, onion salt, and salt to cornstarch gravy.                                                                                                                                                                         |
| Ground black or white pepper              |             | 2 tsp         |              | 1 Tbsp 1 tsp |                                                                                                                                                                                                                                         |
| Onion salt                                |             | 2 tsp         |              | 1 Tbsp 1 tsp |                                                                                                                                                                                                                                         |
| Salt                                      |             | 2 tsp         |              | 1 Tbsp 1 tsp |                                                                                                                                                                                                                                         |
|                                           |             |               |              |              | 6. Add gravy to ground beef mixture.                                                                                                                                                                                                    |
|                                           |             |               |              |              | 7. Pour 3 qt 3 cups (8 lb) of ground beef mixture into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.                                                                               |
| Water, boiling                            |             | 1 qt 2 cups   |              | 3 qt         | 8. Place boiling water and milk in a large mixer bowl. Add margarine, potato flakes, and salt. Mix with a paddle attachment for 1 minute, until well blended.                                                                           |
| Lowfat 1% milk, hot                       |             | 1 qt 2 cups   |              | 3 qt         |                                                                                                                                                                                                                                         |
| Margarine or butter                       | 6 oz        | ¾ cup         | 12 oz        | 1 ½ cups     |                                                                                                                                                                                                                                         |
| Potato flakes                             | 2 lb        | 1 gal 2 cups  | 4 lb         | 2 gal 1 qt   |                                                                                                                                                                                                                                         |
| Salt                                      |             | 2 ½ tsp       |              | 1 Tbsp 2 tsp |                                                                                                                                                                                                                                         |

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|         |       |       |                                                                                                                                                           |
|---------|-------|-------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Paprika | 1 tsp | 2 tsp | 9. Spread 4 lb 2 oz (2 qt $\frac{3}{4}$ cup) of mashed potatoes over the ground beef mixture in each steamtable pan. Sprinkle with paprika.               |
|         |       |       | 10. Bake:<br>Conventional oven: 375° F for 45 minutes<br>Convection oven: 350° F for 30 minutes<br>CCP: Heat to 165° F or higher for at least 15 seconds. |
|         |       |       | 11. CCP: Hold for hot service at 135° F or higher.<br><br>Cut each pan 5 x 5 (25 portions per pan).                                                       |

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

| Food as Purchased for | 50 Servings | 100 Servings |
|-----------------------|-------------|--------------|
| Mature onions         | 10 oz       | 1 lb 4 oz    |

**SERVING:**

**YIELD:**

**VOLUME:**

1 piece provides 2 oz equivalent meat/meat alternate and  $\frac{3}{4}$  cup of vegetable.

**50 Servings:** about 25 lb

**50 Servings:** 2 steamtable pans

**100 Servings:** about 50 lb

**100 Servings:** 4 steamtable pans

Edited 2004

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| Nutrients Per Serving |         |               |         |               |         |
|-----------------------|---------|---------------|---------|---------------|---------|
| Calories              | 294     | Saturated Fat | 5.09 g  | Iron          | 2.43 mg |
| Protein               | 19.48 g | Cholesterol   | 52 mg   | Calcium       | 73 mg   |
| Carbohydrate          | 23.77 g | Vitamin A     | 3969 IU | Sodium        | 442 mg  |
| Total Fat             | 13.24 g | Vitamin C     | 18.4 mg | Dietary Fiber | 3.3 g   |