

Apple Cider Stew

Sartell-St. Stephen Public Schools

HACCP Process: #2 Same Day Service

Number of Portions: 96

Portion Size: 1 cup

One portion provides: 2 oz meat/meat alternates and 1/4 cup Red/Or vegetables and 1/8 cup Other vegetables and 1/8 cup Starchy vegetables

Ingredients	
Beef stew meat, raw	20 lbs
Olive oil	1 3/4 cup
All purpose flour	2 1/4 cup
Thyme, ground	1 tbsp + 2 tsp
Salt	6 tbsp + 1 1/2 tsp
Black pepper, ground	1 tbsp
Apple cider	6 qts
Cider vinegar	1 1/2 cups
Water, cold	1 1/2 qts
Potatoes, red, raw	5 lbs 4 oz
Carrots, raw, baby	10 lbs
Celery, raw, chopped	1 1/2 lbs
Onions, raw, chopped	2 1/2 lbs

Instructions

1. Heat oil in a steam kettle or braising pan, add beef and brown.
2. Combine the flour, thyme, salt and pepper. Add the flour mixture to the beef and stir until it is well coated. Continue to cook until the beef is golden brown.
3. Stir in the cider, vinegar and water. Cook and stir until the mixture comes to a boil. Reduce heat and simmer, covered until the meat is tender; about 1 1/2 to 2 hours. Stir occasionally.
4. Cut potatoes into 1/2" cubes.
5. Add potatoes, carrots, celery and onions to the beef mixture. Cook about 20 minutes or until the vegetables are tender.

CCP: Heat to 155°F or higher for at least 15 seconds.

CCP: Hold at 140°F or higher.