

5-day Cook Chill recipe for Texture Modified Beef with Protein fortification.

INGREDIENTS	QUANTITY
Beef Mince	6.2 Kg
Water	4.2 Lt
onion (chopped)	1.0 Kg
Powdered beef stock	0.1 Kg
Gravy powder	1.0 Kg
Finely chopped tomatoes (from can)	2.1 Kg
Worcestershire Sauce	0.1 Lt
Mixed Vegetables - e.g. carrots, capsicum, zucchini	1.0 Kg
Flour/water blend (0.7kg flour & 700ml water)	1.4 Lt
Enprocal	2.8 Kg
Salt & Pepper seasoning	
TOTAL WEIGHT	20.0 Kg

Method

1. Cook the onion slowly and add the water
2. Add the mince and other ingredients (except flour/water and Enprocal) and allow to boil gently for 10 minutes.
3. Add the flour/water blend & season to taste with salt & pepper
4. Add Enprocal once the food starts cooling off (below 80 degrees). Stir in gently.
5. Alternative: pre-blend Enprocal in 2.5L hot (NOT boiling!) water from the 4.2L in recipe, then add. (reduce 4.2L to 1.7L)
6. Remove from heat and prepare for cold storage

Re-therm as per regular CC food.