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| ***Recipe from Lleida-Catalonia-Spain*** |
| **Dish name: Fricandó stew****Number of Doses (Pax): 6 Preparation time: 2hours Sale price: 18.12€** |
| **Quantity** | **Ingredients** | **Unit Price** | **Total Price** | **Preparation Technique** |
| 500g | beef - 500g / |  | 5.35€ | 1. Slice and fry the mushrooms in olive oil in a large pan
2. Once browned, remove them and set them to one side
3. Cut the beef into slices (see video), and lightly coat it in flour and salt
4. Fry the beef in more olive oil in the same pan
5. Once the beef is browned, remove it from the pan too and set it to one side
6. Deglaze the pan with a splash of brandy
7. Finely dice the pepper, onion and garlic and add them to the same pan
8. Fry them, mixing occasionally, until they've taken on some colour
9. Add the wine, then the tomato
10. Mix everything together and bring it to the boil
11. Add the beef back to the pan, then add chicken stock to cover everything
12. Create the picada by crushing the ingredients together with a pestle and mortar
13. Bring it to the boil, then add the picada
14. Finally, return the mushrooms and simmer for five minutes
15. Season to taste and serve
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| * 100g
 | flour |  | 2.19 |
| 1/2 | red bell pepper |  | 0.5€ |
| 1/2 | onion |  | 0.25€ |
| 2 cloves | garlic |  | 0.15€ |
| 33 ml | Tomato passata |  | 0.45€ |
| 1 glass | red wine |  | 0.35€ |
| splash | brandy |  | 0.20€ |
| 50g | mushrooms |  | 1.89€ |
|  | Chicken stok |  | 3.69€ |
|  | Olive oil |  | 0.50€ |
|  | Salt and pepper |  | 0.10€ |
|  | Ingredients for the picada |  |  |
| 30g | hazelnuts |  | 1.25€ |
| 1 clove | garlic |  | 0.15€ |
| 2 sprigs | parsley |  | 0.05€ |
| 20g | chocolate |  | 0.95€ |
| 1 | Slice of toast |  | 0.10€ |
| **Comments:** |
| **Total Cost: 18.12€** | **Cost / Dose: 3.02€** | **Student Name:** |
| **Ratio (%):** | **Contribution Margin:** | **Class: 1st year course CFGS SOCIAL INTEGRATION** **Year: 2020** |