***nBeef Stroganoff Recipe: Extra Option***

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| ***Grilled Beef for Stroganoff*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Beef Topside (Strips) | 1000 g | 1500 Cal |
| Olive oil | 20 g | 180 Cal |
| Salt | To taste | 0 Cal |
| Pepper | To taste | 0 Cal |
| ***Total*** | 1020 g before cook | 1680 Cal |
| 867 g after cook |
| ***1.9 Cal/g*** | |

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| ***Sliced Mushroom*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Sliced Mushroom | 600 g | 140 Cal |
| Olive oil | 20 g | 180 Cal |
| ***Total*** | 620 g before cook | 320 Cal |
| 527 g after cook |
| ***0.6 Cal/g*** | |

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| ***Stroganoff Sauce*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Olive Oil | 20 g | 180 Cal |
| Shredded Onion (Wings) | 400 g | 160 Cal |
| Chopped Rosemary | 8 g | 10 Cal |
| Water | 2500 g | 0 Cal |
| In-house Demi-Glace | 200 g | 132 Cal |
| Salt | 15 g | 0 Cal |
| White Pepper | 4 g | 10 Cal |
| Sliced Mushroom | 500 g | 300 Cal |
| Cooking Cream | 500 g | 1640 Cal |
| ***Total*** | 4147 g before cook | 2432 Cal |
| 3525 g after cook |
| ***0.7 Cal/g*** | |

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| ***Basmati Rice with Corn*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Basmati Rice | 1000 g | 3640 Cal |
| Canola Oil | 40 g | 360 Cal |
| Bay Leaf | 2 g | 0 Cal |
| Salt | 16 g | 0 Cal |
| Water | 2000 g | 0 Cal |
| Corn | 250 g | 250 Cal |
| ***Total*** | 3308 g before cook | 4250 Cal |
| 2977 g after cook |
| ***1.4 Cal/g*** | |

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| **Item Name** | **1P** | **2P** | **3P** |
| Basmati Rice with Corn | 80 g / 112 Cal. | 100 g / 140 Cal. | 120 g / 168 Cal. |
| Mixed of strained Meat, mushroom & onions | 100 g / 190 Cal. | 120 g / 228 Cal. | 150 g / 285 Cal. |
| Stroganoff Sauce | 80 g / 56 Cal. | 120 g / 84 Cal. | 150 g / 105 Cal. |
| Chopped Parsley (Garnish on top) | 1 g | 1 g | 1 g |
| ***Total*** | ***260g/358 Cal*** | ***340g/452 Cal.*** | ***420g/558 Cal.*** |