***Sirloin Steak & Mushroom Gravy with Cauliflower Rice***

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| ***Mushroom Sauce*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Dry Mushroom (Porcini Mushroom) | 100 g | 380 Cal |
| Button Mushroom | 1000 g | 220 Cal |
| Shitake Mushroom | 100 g | 35 Cal |
| Water | 1000 g | 0 Cal |
| Garlic Fresh | 10 g | 15 Cal |
| In-House Demi-Glace | 2000 g | 1320 Cal |
| Cooking Cream | 500 g | 620 Cal |
| Black Pepper | 5 g | 0 Cal |
| ***Total*** | 4710 g before cook | 2590 Cal |
| 4004 g after cook |
| ***0.65 Cal/g*** | |

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| ***Sauteed Mushroom*** | | |
| Light Butter | 5 g | 17 Cal. |
| Olive Oil | 5 g | 45 Cal. |
| Fresh Mushroom | 200 g | 44 Cal. |
| ***Total*** | ***210 g before cook, 130 g after cook. (Lose 709)*** | ***106 Cal.*** |
|  | **0.8 Cal. /G.** | |

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| **Item Name** | **Quantity** | **Calorie** |
| ***Beef Marination*** | | |
| Beef Striploin | 5 kg | 7500 Cal |
| Water | 3 liters | 0 |
| Fresh Thyme | 6 g | 6 Cal |
| Brown Sugar | 70 g | 280 Cal |
| Bay Leaves | 4 g | 0 |
| Rosemary | 14 g | 14 Cal |
| Chopped Garlic | 30 g | 75 Cal |
| Star Anise | 3 g | 0 |
| Salt | 30 g | 0 |
| Soy Sauce | 150 g | 100 Cal |
| Black Pepper | 2 g | 0 |
| Meat Tenderized | 40 g | 120 Cal |
| ***Total*** | ***8,349 g*** | ***8095 Cal*** |

***Note: Gravy Sauce to be strained.***

***Note: Brisket steak need to be cleaned well from visible fat.***

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| **Item Name** | **1P** | **2P** | **3P** |
| Marinated Beef (Cubes) | 90 g / 225 Cal. | 110g /275 Cal. | 125 g / 300 Cal. |
| Onion | 25 g / 8 Cal. | 40 g / 17 Cal. | 50 g / 20 Cal. |
| Mushroom | 25 g / 16 Cal. | 40 g / 35 Cal. | 50 g / 45 Cal. |
| Gravy Sauce | 80 g / 52 Cal. | 100 g / 65 Cal. | 120 g / 78 Cal. |
| Cauliflower rice | 100 g / 40 Cal. | 130 g / 52 Cal. | 160 g / 64 Cal. |
| ***Total*** | ***320 g / 341Cal.*** | ***420 g / 444 Cal.*** | ***505 g / 507 Cal.*** |

Note: Gravy Sauce to be strained.

Note: Brisket steak need to be cleaned well from visible fat.

***Method of Cooking:***

* ***Marination: Soya Sauce, garlic, Rosemary, sugar, Salt, meat tenderized, 3 liters water, bay leaves, Clove, Black Pepper.***
* ***Mixing: 40 g Dijon Mustard, Rosemary, Paprika, Black Pepper.***
* ***Cooking: Cover it with the paper and aluminium, and then put in the oven for 4 hrs. under 150 tem;peratures.***