

Crispy Impossible Black Bean Shepard's Pie

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree	PF K-12	VG, NF	12	18.40 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 cup	1 lb 9.41 oz	0%	1 lb 9.41 oz	Beans, Black, canned, drained	For Impossible Bean Crumble: In a large mixing bowl, smash beans with a potato masher or fork until broken down but not into a paste. Add remaining ingredients in Step 1 and mix well.
	4 1/3 cup	1 lb 0.80 oz	0%	1 lb 0.80 oz	Vegan Meat, block <i>Impossible Burger</i>	
	1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Salt, Kosher	
	1 1/2 tsp	0 lb 0.13 oz	0%	0 lb 0.13 oz	Pepper, Black, table grind	
	3/4 cup	0 lb 2.50 oz	0%	0 lb 2.50 oz	Cumin, ground	



Combine beans, meat and spices.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Oil, Canola	On a flat top grill heat oil over medium heat. Sauté onions for 3-5 minutes. Add garlic and cook for 1 minute. Add bean mixture and cook for another 9-10 minutes or until cooked through and meat is browned. Crumble can be held in hotel pans in hot box until ready to add to stew.
	1 1/3 cup	0 lb 6.00 oz	9%	0 lb 6.62 oz	Onions, White, small diced	
	2 tbsp	0 lb 1.06 oz	12%	0 lb 1.20 oz	Garlic, cloves, peeled, minced	



Cook onion and garlic.



Add meat mixture and cook to browned.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	6 cup	3 lb 0.00 oz	0%	3.00 lb	Stock, Vegetable	For Stew: Combine all ingredients in step 3 in a stock pot over medium high heat and bring to a simmer.
	1/4 cup	0 lb 2.00 oz	0%	0 lb 2.00 oz	Vinegar, Red Wine	
	1/4 cup	0 lb 2.32 oz	0%	0 lb 2.32 oz	Tomato Paste, canned	
	3.0 ea	0 lb 0.03 oz	0%	0 lb 0.03 oz	Bay Leaves, dried, whole	
	2 tsp	0 lb 0.28 oz	0%	0 lb 0.28 oz	Thyme, dried, whole leaf	
	6 cup	1 lb 13.64 oz	0%	1 lb 13.64 oz	Peas and Carrots mixture, frozen	



Bring ingredients to a simmer.

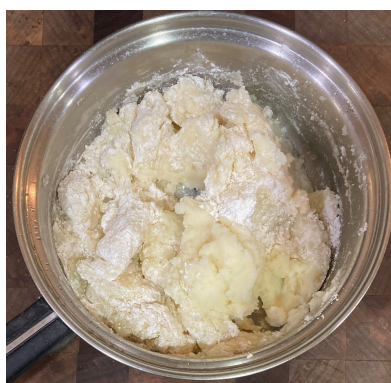
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4						Once simmering, add in crumble. let simmer for 20-30 minutes until thickened. Stew can be held in hotel pans in hot box or hot well until ready for service.

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Cook stew until thickened.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	4 cup	2 lb 0.00 oz	0%	2.00 lb	Water	For Croquette: Bring water, butter and salt to a boil. Remove from heat and stir in soymilk and flakes until combined. Stir in flour. Let cool before handling. Scoop into 1 ounce portions and roll into balls. Place in parchment lined hotel pans, wrap and freeze at least one hour or overnight. (Can be prepped the day before).
	6 tbsp	0 lb 3.00 oz	0%	0 lb 3.00 oz	Non-Dairy Butter	
	1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Salt, Kosher	
	2 cup	1 lb 0.00 oz	0%	1.00 lb	Non-Dairy Milk, Soy, unsweetened	
	4 cup	0 lb 8.48 oz	0%	0 lb 8.48 oz	Potato, flakes	
	6 tbsp	0 lb 1.73 oz	0%	0 lb 1.73 oz	Flour, All-Purpose	



Mix flour into mashed potatoes.



Roll mashed potatoes.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	1 1/2 cup	0 lb 6.90 oz	0%	0 lb 6.90 oz	Flour, All-Purpose	Set up breadng station with separate bowls of flour, soymilk, and bread crumbs.
	1 1/2 cup	0 lb 12.00 oz	0%	0 lb 12.00 oz	Non-Dairy Milk, Soy, unsweetened	
	1 1/2 cup	0 lb 5.25 oz	0%	0 lb 5.25 oz	Bread Crumbs, dry, plain	



Breading Station.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7						Toss potato balls in flour, then submerge in soymilk until fully covered, finally coat with bread crumbs. Immediately fry at 350°F 5 minutes or until golden brown. Drain on paper towel lined hotel pan. Croquettes can be held in hotel pans in hot box or hot well until ready for service.

7



Breaded mash potatoes before frying.



Fried mashed potatoes.

Capacity
measure

EP

Trim
loss

AP Name of ingredient

Methods

8

For Service: Portion 1 1/2 cup stew in a bowl and top with 5 croquettes.

RECIPE IMAGES



Crispy Impossible Black Bean Shepard's Pie.

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	13 lb 12.77 oz	0 %	13 lb 12.77 oz	0 %	13 lb 12.77 oz
Size of portion	18.40 oz		18.40 oz		18.40 oz

ADDITIONAL INFO

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MEMO

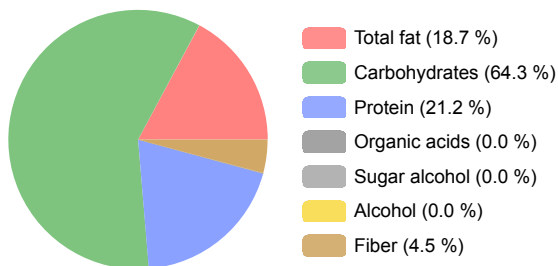
Each serving provides 2 meat/meat alternate, 1/2 cup starchy vegetable and 1/4 cup other vegetables.

NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals			RDI		
Total fat	13.29 g	17 %	18.67 %	629.31 kcal	31 %	Salt	1.65 g				
Saturated	2.09 g	10 %	2.94 %	2,633.06 kJ		Salt	0.32 %			Vitamins	
Monounsaturated	5.40 g		7.58 %			Sodium	1,598.15 mg	69 %		Vitamin A	212.07 µg 24 %
Polyunsaturated	3.81 g		5.36 %			Phosphorus	435.78 mg	35 %		Vitamin D	0.79 µg 4 %
Trans fatty acids	1.47 g		2.06 %			Potassium	1,996.79 mg	42 %		Thiamine	1.09 mg 91 %
Cholesterol	0.00 mg	0 %				Iron	13.79 mg	77 %		Riboflavin	0.41 mg 32 %
Linolenic acid	2.56 g		3.60 %			Calcium	346.47 mg	27 %		Niacin	4.54 mg 28 %
Alpha-linolenic acid	383.37 mg		0.54 %			Zinc	2.62 mg	24 %		Vitamin B6	0.54 mg 32 %
Total Carbohydrate	99.58 g	36 %	64.29 %			Magnesium	167.74 mg	40 %		Vitamin B12	0.79 µg 33 %
Sugars total	4.48 g	9 %				Iodine	0.00 µg	0 %		Folate	10.17 µg 3 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	16.34 µg	30 %		Vitamin C	24.72 mg 27 %
Lactose	0.00 g					Copper	0.91 mg	101 %		Vitamin E	1.48 mg 10 %
Fiber	14.94 g	53 %	4.54 %							Vitamin K	25.87 µg 22 %
Organic acids	0.00 g		0.00 %							Others	
Sugar alcohol	0.00 g		0.00 %							Water	234.47 g
Starch	21.56 g		13.92 %								
Protein	32.84 g	66 %	21.20 %								
Alcohol	0.00 g		0.00 %								

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	1.56 kg
Main courses	2.19 kg
Desserts	0.99 kg

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.