


Description: LENTILS STEW		Persons: 4	
Allergens: Egg <input type="checkbox"/> Soya and soya by-products <input type="checkbox"/> Mustard <input type="checkbox"/> Crustacean <input type="checkbox"/> Fish <input type="checkbox"/> Peanut <input type="checkbox"/> Mollusc <input type="checkbox"/> Milk and milk by-products <input type="checkbox"/> Celery <input type="checkbox"/> Sesame seeds <input type="checkbox"/> Lupin beans <input type="checkbox"/> Cereals with gluten <input type="checkbox"/> Sulphite <input type="checkbox"/> Shell products <input type="checkbox"/>			
INGREDIENTS	QUANTITY	UTENSILS AND APPLIANCES	PICTURE
LENTILS (INDICATE THE TYPE OF LENTIL) CARROTS RED PEPPER GREEN PEPPER ONION CHORIZO CLOVES OF GARLIC OLIVE OIL (INDICATE QUANTITY) SWEET PEPPER BAY SALT PEPPER WATER	350 GRAMS 2 1 1 1 ½ 2 1 Tbsp Enough quantity Enough quantity Enough quantity Enough quantity	Pressure cooker Knives Chopping boards Tableware (plates, bowls, pots ...) Ladle	 There are different ways of presenting this dish. We must choose a real picture of our version.
INSTRUCTIONS		SECTIONS	Temperature/ time
<ol style="list-style-type: none"> 1. Wash and cut green pepper, onion and garlic. 2. Stir-fry with olive oil and bay. 3. Wash and peel the carrots. Cut them and add in the cooker. Wash the lentils. Add the chorizo and the lentils in the cooker. 4. Add water, season and stir. 5. Cook at médium heat for 1 hour 6. Serve hot 		HOT FOOD	>100°C / 10-15 min. >100°C/1 hour >65°C
PACKING	Not required. / Restaurant service / 500ml Plastic container		
BATCH (DATE OF PRODUCTION)	Not required / day/month/year		
BEST BEFORE PRESERVATION	Immediate / less than 3 days		
LABELING	Temperature >65°C/ Cool down and preserve at ≤ 4°C or ≤ -18°C		
DESTINATION	Not required/ Name \ description, ingredients, allergens, batch. Preservation, , best- before date, name of cook		
REGENERATION AND PREPARATION PROCESS	Restaurant diners/ Final customers (take away)		
COOKED BY	Not required / Heat at ≥ 65°C		
	Stew Section		