

FILIPINO BEEF PICADILLO WITH GARLIC EGG RICE

This traditional Filipino dish is inspired by our Chef Andre’s mother. It brings together low-fat beef, assorted vegetables and rice to create a complete meal that is not only nutritious and delicious, but also full of love.

ALLERGENS: Egg, Soy

RESTRICTIONS: Beef, Pescatarian, Vegetarian



Photography by Keri Brewer
Food Styling by Lauren Reid



From the

God’s Love Kitchen

TOTAL SERVINGS:	1000
TOTAL COST	\$2,577.23
COST PER SERVING	\$2.58

INGREDIENT	QUANTITY	UNIT OF MEASURE	PREPARATION	COST PER UNIT	EXTENDED COST
FOR PICADILLO: (\$1.60/ PORTION)			Recipe split between 2 tilts		\$-
Blended oil, 90/10	1	gal		\$6.98	\$6.98
Onion, IQF diced	40	lb		\$0.85	\$34.00
Garlic, minced	5	lb		\$3.23	\$16.15
Ground beef, 90/10	280	lb		\$4.40	\$1,232.00
Smoked paprika	5	lb	Burlap and Barrel	\$7.68	\$38.40
Garlic powder	2	lb	Burlap and Barrel	\$7.68	\$15.36
Onion powder	2	lb		\$7.83	\$15.66
Low sodium soy sauce	1	gal		\$13.79	\$13.79
Beef base, low sodium	4	lb		\$7.60	\$30.40
Petite diced tomatoes, canned, undrained	2	cs		\$20.42	\$40.84
Potatoes, fresh diced	60	lb	PFG#480521 new product	\$0.95	\$57.00
Carrot, IQF diced	60	lb		\$0.59	\$35.40
Green Beans, IQF French cut	48	lb	PFG #329630 new product	\$1.20	\$57.60
					\$-
FOR GARLIC EGG RICE: (\$0.15/ PORTION)					\$-
Blended oil, 90/10	0.5	gal		\$6.98	\$3.49
Liquid egg	20	qt		\$1.36	\$27.20
Onion powder	8	oz		\$0.49	\$3.92
Chive, freeze dried	3.2	oz	half of a container	\$5.36	\$17.15
White rice	100	lb		\$0.45	\$45.00
Blended oil, 90/10	1	gal		\$6.98	\$6.98
Onion, IQF diced	20	lb		\$0.85	\$17.00
Garlic, fresh minced	5	lb		\$3.23	\$16.15
Kosher salt	4	oz		\$0.04	\$0.16
Garlic powder	1	lb	Burlap and Barrel	\$7.68	\$7.68
Onion powder	8	oz		\$0.49	\$3.92
					\$-
Mixed vegetables, frozen (\$0.84/ portion)	500	lb		\$1.67	\$835.00

PROCEDURES

FOR PICADILLO:

(Note: The ingredients above for Picadillo should be divided into two in order to prepare in TWO BATCHES)

1. In a tilt fryer, saute the onion and garlic in blended oil until tender and beginning to caramelize.
2. Add the ground beef and break up very well. Continue to cook over medium-high heat until no pink remains, and temp is above 160 degrees. Drain beef thoroughly of most of its grease.
3. Season the beef with the smoked paprika, garlic powder and onion powder. Mix the spices well throughout the ground beef.
4. Mix in the soy sauce, diced tomatoes, beef base, and enough water to cover the mixture. Bring up to an aggressive simmer and add the potatoes and carrots.
- Continue simmering until the carrots and potatoes are tender, and flavors have married. Mix in the green beans and cook for a few minutes more.

FOR GARLIC EGG RICE:

1. Season the liquid eggs with onion powder and cook in a tilt fryer set to medium heat. Scramble the eggs well, breaking up curds. Just before the eggs are fully cooked, blend in the chives. Reserve.
2. In a tilt fryer, saute the onions and garlic in oil until caramelized and tender.
3. Add rice, salt, garlic powder, onion powder and enough water to come up to just above the 20 gallon level. Stir rice well. Bring to a boil and then reduce to a simmer. Cover and cook until liquid has been absorbed. Turn off heat and let rice rest for 10 minutes.
3. Fold in the cooked eggs,mixing well. Cool rice on sheet pans and reserve.

TO PLATE:

Plate a 4 oz portion of rice next to an 8 oz portion of side vegetables. Top rice with a 6 oz portion of Picadillo.

PACK-OUT 		
MEAL COMPONENT	PORTION SIZE	SCOOP COLOR
Rice	4 oz	Green
Side Vegetable	8 oz	Orange
Beef Picadillo	6 oz	Black

Nutrition Facts

Serving Size 1.00 serving(s) (570g)

Amount Per Serving			
Calories	644	Calories from Fat	212
% Daily Value			
Total Fat	23.6g		30 %
Saturated Fat	6.2g		31 %
Trans Fat	0.7g		
Cholesterol	110.4mg		37 %
Sodium	457.6mg		20 %
Total Carbohydrate	69.2g		25 %
Dietary Fiber	10.0g		36 %
Sugars	12.4g		
Protein	35.9g		
Vitamin A	145 %	Calcium	11 %
Vitamin C	55 %	Iron	31 %