

from the

# **Lucas** kitchen Gravy & Chicken Sauce



Lucas Kitchen Gravy and Chicken Sauce are made for pies and ready meals. They've been developed to suit today's demands for lower salt, they're MSG free and bursting with flavour.

Your gravy or sauce costs pennies, but a poor filling makes a poor pie. Use Lucas Kitchen Gravy and Chicken Sauce so your pies are the best they can be!

- \* **Top quality**
- \* **MSG free**
- \* **HVP free**
- \* **Freezable**
- \* **Easy to use**
- \* **Fresh, homemade style**
- \* **Excellent texture**
- \* **Good traditional steak & chicken flavours**
- \* **Convenient pack size – 5kg**
- \* **Ideal for ready meals – shepherds pies, stew & dumplings, liver & onion etc.**

**Remember a Gravy or Sauce  
= Better Pies = Better Sales = Better Profits!**

**Call your nearest Lucas distributor today to order your Lucas Kitchen Gravy and Chicken Sauce!**

# Pie Making - Steak & Kidney Pie

## STEP-BY-STEP GUIDE

1



Dice the Beef & Kidney into small bite size cubes, weigh the water and gravy mix, and assemble all the ingredients.

2



Put 80% of the water into a suitable saucepan and put the beef & kidney into the pan and cook until the meat is tender.

Top the pan up with water at the end of cooking to compensate for evaporation and steam loss.

3



Mix Lucas Kitchen Gravy Mix p/n 62092, with the remaining 20% of the water, and mix to a smooth blend.

4



Add the blend to the cooked meat, stir in well. Bring to the boil and then allow to simmer for 5 minutes to thicken.

5



Cool the mixture as quickly as possible. When cool, fill into pie shells and then cover with the lid after wetting the edge of the pies.

6



Seal the edges of the pie using a fork or similar tool.

The pies can then be frozen to bake off at a later date, or go to step 7.

7



Make up the glaze using Lucas Kitchen Pastry Glaze p/n 62564 and glaze the lids of the pies.

8



Bake the pies at 200°C/400°F/Gas 6, until the pastry is cooked, and the filling has reached an internal temperature of 72°C. The pies can be re-glazed 5 mins prior to the end of cooking for a deeper finished colour.

Steak & Kidney Pie - FILLING				
Ingredients	%	lbs	oz	kg
Diced Beef (90vl)	40	8	0	3.6
Diced Kidney	20	4	0	1.8
Water	35	7	0	3.15
Lucas Kitchen Gravy Mix p/n 62092	5	1	0	0.45
<b>TOTAL</b>	<b>100</b>	<b>20</b>	<b>0</b>	<b>9.0</b>
GLAZE				
Ingredients	%	kg		
Glaze p/n 62564	16	0.160		
Hot water	84	0.840		
<b>TOTAL</b>	<b>100</b>	<b>1.0</b>		

Chicken & Mushroom Pie - FILLING				
Ingredients	%	lbs	oz	kg
Light Chicken Meat	25	5	0	2.25
Dark Chicken Meat	25	5	0	2.25
Mushrooms	10	2	0	0.9
Water	35	7	0	3.15
Lucas Kitchen Chicken Sauce Mix p/n 61882	5	1	0	0.45
<b>TOTAL</b>	<b>100</b>	<b>20</b>	<b>0</b>	<b>9.0</b>
GLAZE				
Ingredients	%	kg		
Glaze p/n 62564	16	0.160		
Hot water	84	0.840		
<b>TOTAL</b>	<b>100</b>	<b>1.0</b>		

You can also use

**Lucas kitchen** Gravy Mix & Chicken Sauce Mix for making ready meals...

Call your nearest Lucas distributor today to order your Lucas Kitchen Gravy and Chicken Sauce!

Lucas Ingredients, Bristol, BS32 4QL • Helpline - 0800 138 5837

Check out our website for more recipe ideas! - [www.lucas-ingredients.co.uk](http://www.lucas-ingredients.co.uk)