

# Lamb Diced

## Fully Cooked

1. These cooked diced meats have been developed for health & aged care, restaurants, clubs and food service. They are all high quality with no other additives.
2. Meyer Food Co's '**Sous Vide**' cooking method produces consistently tender diced meat that is ready in minutes.
3. The key to Meyer Food Co's constantly tender diced meat is that we use the same primal every time. Most diced meats are 'off cuts' from a variety of different cuts. The result is one piece of dice being mushy and over cooked and the next being tough and under cooked.
4. This is a labour saving product. No knives, minimal handling and minimal time to cook = **PROFIT**. Use pre-prepared sauces and frozen vegetables for economy and speed.

### HOW TO COOK

- Open each pouch of diced meat into a colander under gently running cold water.
- Remove any congealed fat, separate the pieces of diced meat and then rinse off.
- Place meat in a cooking tray.
- Add 2kg of sauce to 5kg of meat (2 x 2.5kg bags).
- Add vegetables as desired (suggested ratio – 3kg vegetables per 2kg sauce and 5kg meat).
- Use blanched frozen vegetables to save labour and time.
- Fresh vegetables should also be blanched before addition.
- Heat for 20 min on medium (150°C). Alternatively, if there is urgency, simply stir gently while heating and 12-15 mins is ample.
- Good food safety practice is to heat to an internal temperature of 75°C prior to serving.

#### NOTE

- Always mix cold meat with cold sauce just prior to re-heating. This means that if you prepare your own sauce, it should be made the day before and stored in your coolroom.
- It is not advisable to keep wet dishes hot for long periods because the meat continues to cook and cubes will break up.



Packaged Product



Serving Suggestions

2.5kg packet

4 x 2.5kg packs per carton

12 weeks shelf life

Store between 0°C and 5°C

**CODE:**

220

**NAME:**

Lamb Diced – Fully Cooked



**MEYER FOOD CO.**  
formerly Bryopin

**The Leaders in Sous Vide**