

Deep Fill STEAK & ALE Puff Pastry Pie

TENDERISED IRISH BEEF STEAK IN OUR TRADITIONAL PALE ALE GRAVY, TOPPED WITH GOLDEN FLAKY PASTRY

SERVES 3

Each 1/3 pie serving contains

	ENERGY	PROTEIN	FAT	SATURATES	SUGAR	SALT
2191kcal	28.2g	11.2g	2.4g	1.2g	1.2g	1.2g
267kcal	4.0g	1.5g	0.3g	0.1g	0.1g	0.1g

of your daily reference intake
Typical energy values per 100g 1186kJ/280kcal

Use by:

21 Jul

Keep Refrigerated

550g

Tenderised Irish beef and onion in traditional Pale Ale gravy, baked in shortcrust pastry and topped with a puff pastry lid

INGREDIENTS

Beef (31%) Fortified Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Pastry Margarine [Palm Oil, Rapeseed Oil, Water, Salt], Pale Ale (8.0%) (**Barley**), Cornflower, Pork Lard, Onions (2.9%), **Milk**, Beef Bouillon [Salt, Dried Beef Extract, Potato Starch, Sugar, **Wheat** Flour, Dried Onion, Dried Beef Fat, Citric Acid, Black Pepper], Salt, Pork Gelatine, **Barley** Malt Extract, Black Pepper.

Allergy Advice! For allergens see ingredients in bold.

NO ARTIFICIAL COLOURS, FLAVOURS OR HYDROGENATED FAT

COOKING INSTRUCTIONS

For best results cook from chilled

To Oven Cook

- Remove all packaging
- Pre-heat oven and place the pie in its foil onto a baking tray on the middle shelf

From Chilled:

180°C/355°F
Fan 160°C/Gas 4

35 MINS

From Frozen:

180°C/350°F
Fan 160°C/Gas 4

50 MINS

- Check product is piping hot before serving
- Do not reheat

We have given you these cooking instructions as a guide only.

STORAGE

Keep refrigerated. Suitable for freezing. Freeze on day of purchase and consume within one month. Defrost thoroughly before cooking.

Once defrosted, do not re-freeze.

CHOSEN BY YOU


We are so confident about the quality of our products that if you are not 100% satisfied – simply return the **pack and contents** to store on your next visit OR phone 1800 098 0101.

Produced in Ireland, beef from Ireland, packed in the Ireland for Food Stores Limited, Dublin.

CONTACT INFORMATION

Consumer Food Division, FoodCo, Po Box 1113, Dublin 7

NUTRITION				
Typical values	Per 100g	Per 1/3	Reference Intake	
Energy	1196kJ	2191cal	8400kJ	
	286kcal	524kcal	2000kcal	
Fat	15.4g	28.2g	70g	
Of which Saturates	7.6g	13.9g	20g	
Carbohydrates	25.6g	46.9g	260g	
Of which Sugars	1.3g	2.4g	90g	
Protein	10.2g	18.7g	50g	
Salt	0.7g	1.2g	6g	



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

7.	
8.	
9.	
10.	
11.	

Activity 2 – Net quantity

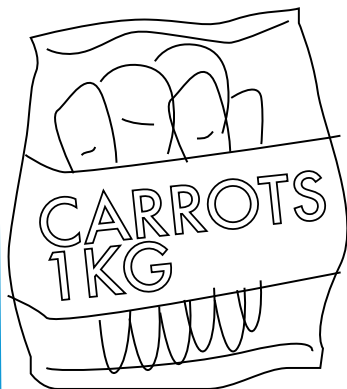


Tick which is the better deal

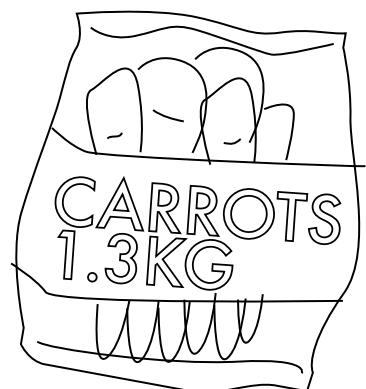
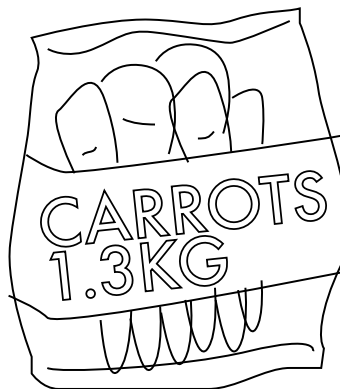
A ☐

or

B ☐



89c



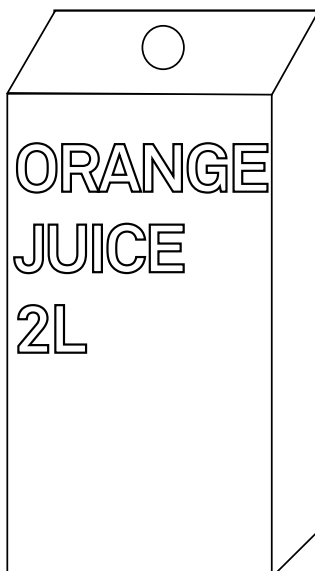
Buy 2 for €2.50

Tick which is the better deal

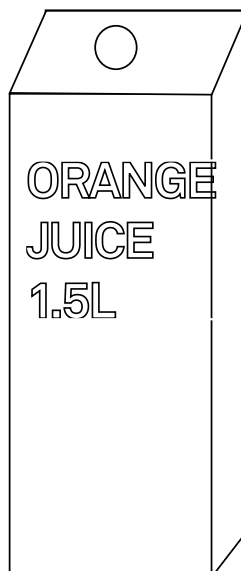
A ☐

or

B ☐



€2.50



€1.75

Activity 3 – Instructions for use



1. What methods can be used to cook this food?



COOKING INSTRUCTIONS

This product contains raw fish and must be cooked according to cooking instructions. All appliances vary, the following are guidelines only.

Always cook from frozen. Remove fish fingers from all packaging before cooking.



To Oven Bake: Pre-heat oven to 220°C/425°F/Gas Mark 7. Place on a baking tray in the centre of the oven for approximately 10-12 minutes until golden brown.



To Grill: Place under a pre-heated medium grill for approximately 6-8 minutes.



To Shallow Fry: Fry in a little oil over a medium heat for approximately 6-8 minutes. Turn occasionally. Place fish fingers on kitchen paper to drain prior to serving.



To Deep Fry: Pre-heat oil to 180°C/350°F. Fry for approximately 5 minutes. Place fish fingers on kitchen paper to drain prior to serving.

Ensure fish fingers are piping hot before serving.

NOT SUITABLE FOR MICROWAVE COOKING.

2. How much water is needed to prepare this food?

Preparation Method



1. Empty contents of the sachet into saucepan

2. Gradually add 850ml (1.5pts) of cold water stirring constantly



3. Bring to the boil, reduce heat, partially cover & simmer for 5 minutes, stirring occasionally

4. Serve & Enjoy!

3. How long is required to cook this food?

Cooking Instructions

Adjust times according to the particular oven.

Oven from Frozen:

Remove outer packaging leaving the pie in the foil. Place on a baking tray in the centre of a pre-heated oven at 180°C/160°C Fan 350°F/ Gas Mark 4 for 40 minutes.

☐

20 minutes

☐

30 minutes

☐

40 minutes

Activity 4 – Indication of minimum durability



What is the correct type of date mark for each of the foods listed below?

Food	Best before	Use by
Ice cream	<input type="checkbox"/>	<input type="checkbox"/>
Baked beans	<input type="checkbox"/>	<input type="checkbox"/>
Dry pasta	<input type="checkbox"/>	<input type="checkbox"/>
Fresh pasta	<input type="checkbox"/>	<input type="checkbox"/>
Cooked ham	<input type="checkbox"/>	<input type="checkbox"/>
Fish fingers	<input type="checkbox"/>	<input type="checkbox"/>
Pre-packed bread	<input type="checkbox"/>	<input type="checkbox"/>
Crackers	<input type="checkbox"/>	<input type="checkbox"/>

Activity 5 – Storage conditions and/or condition of use



Examine this label to answer the questions.



STORAGE

Keep frozen and use within the following periods:

Food Freezer	* ***	Until Best Before End*
Star Marked Frozen Food Compartment of Refrigerator	*** ** *	Until Best Before End* 1 Month 1 Week
Ice Making Compartment		3 Days
*Should be -18°C or colder DO NOT RE-FREEZE ONCE DEFROSTED.		

1. Where should this food be stored in the home?

Cupboard ☐ Fridge ☐ Freezer ☐

2. What temperature should the food be stored at?

3. Can this food be re-frozen once it has been defrosted?

Yes ☐ No ☐

Activity 6 – Allergens



1. Why is a bold typeface used for some of the ingredients?

INGREDIENTS



Cod (65%), Batter (Water, **Wheat** Flour, Starch (**Wheat**, Potato), Salt, Corn Flour, Vegetable Oil (Palm Oil), Raising Agents (Diphosphates, Sodium Carbonates), Skimmed **Milk** Powder, Dextrose), Breadcrumbs (**Wheat** Flour, Yeast, Water, Salt, Spices, Vegetable Oil (Rapeseed Oil), Colour (Capsanthin)), Vegetable Oil (Sunflower Oil).

2. What are the three options for emphasising food allergens on a label?

3. Which option do you think is the most effective? Please give two reasons for your opinion.

Activity 7 – Nutrition information



Examine the label shown to answer the questions.

Nutrition Information

Typical Values	Per 100g	Per Serving 1/4 Pie
Energy	1027kJ 246kcal	1284kJ 308kcal
Fat	1.3g	1.6g
of which saturates	0.4g	0.5g
Carbohydrate	19.7g	24.6g
of which sugars	1.6g	2.0g
Protein	7.8g	9.7g
Salt	1.0g	1.3g

1. How much salt is in 100g of this product?

2. How much sugar is in one serving of this product?

3. How much fat is in one serving of this product?

4. Comparing the salt values is one serving more or less than 100g of this product?