

## Product Information

### Description

Easy to make rich traditional suet pastry mix for making sweet and savoury pies and puddings.

Brand: Middleton Catering Mixes

Description: Vegetable Suet Pastry Mix

Pack Size: 3.5kg

Storage: Ambient

Order Code: CM0029

(Internal Code: P721)



### Shelf Life

Up to 3 Days when Baked.

### Portion Yields

3.5kg bag makes 89 x 57g (2oz) portions.

### Compliance

Manufactured in a factory accredited to BRC Standards

### Features and Benefits

- ✓ Easy to use just add water
- ✓ Suitable for Vegetarians
- ✓ Suitable for Vegans

### Nutritional Information

Nutritional Information	100g as sold	Per 57g portion as consumed
Energy (kJ)	2050	818
Energy (kcal)	490	196
Fat (g)	24.7	9.9
of which Saturates (g)	11.3	4.5
Carbohydrate (g)	60	24
of which Sugars (g)	0.4	0.2
Fibre (g)	2.9	1.2
Protein (g)	6.8	2.7
Salt (g)	1.5	0.6

### Ingredients

**WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Vegetable Oil Blend (Palm & Rapeseed Oil), Vegetable Suet (Palm & Sunflower Oil, **WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin)), Raising Agents (E450(i), E500(ii), E341(i)), Salt. May Contain: Egg, Milk, Soya,

### Allergens

For allergy advice see ingredients in “**bold**” and UPPERCASE

### Cooking Instructions

Dry Mix	Water	Dough Portions 57g
1kg	425g-450g	25
Whole Bag 3.5kg	1.48kg-1.57kg	89

#### Instruction for use: PASTRY

1. Add correct amount of dry mix to a bowl.
2. Using beater attachment slowly blend the correct amount of cold water to form a dough. DO NOT OVERMIX.
3. Empty out onto a floured board and gently knead until smooth, roll out to 3mm (1/8inch) and use as desired.
4. Bake in a pre-heated oven at 200°C/Gas Mark 6 until golden brown & crisp \*Time as necessary for filling used.

To use as a steamed pastry for sweet or savoury puddings as above & steam for 1½ -2 hours. \*Time as necessary for filling used. Ensure the top is covered to prevent the water coming into contact with the pastry eg. grease proof paper/foil, pleat to allow for pudding to rise.

#### Instructions for use: DUMPLINGS

Follow steps 1 to 3, then using floured hands make dough into balls, then drop into simmering soup/stew/casserole & cook with the lid on for 20-30 minutes.