

# Product Information Sheet



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**PRODUCT:** MALORA COOKING SAUCE - BOLOGNAISE

**PRODUCT BRIEF:** Strong tomato & beef flavoured Bolognese cooking sauce with added Italian herbs and garlic.

**INGREDIENTS:** Starch, Flavourings, Salt, Herbs and Spices, Sugar, Flavour Enhancer (E631, E627), Acidifying Agent, Spice Extracts, Colours (E110, E122, E142), Anti Caking agent.

**PACK SIZES:** 1 Kg, 5Kg

**MIXING RATIO:** Add 1 part Bolognese Cooking Sauce Powder to 4 Parts Cold Water (1:4)

**COOKING INSTRUCTIONS:** **Thick Gravy:** Mix 1 kg Cooking Sauce powder with 4 litre Cold Water. Add to meat and vegetables, cook until mince is ready.

**Economical Sauce:** Mix 1 kg Cooking Sauce powder with 5 litre Cold Water. Add to meat and vegetables, cook until mince is ready.

**Please visit our website for Recipes and Product Data Sheets if you require any further information**

**KEY FEATURES - MALORA COOKING SAUCE POWDER**

Malora Cooking Sauces were designed as a batch pack to standardise recipes, yields and costing. Minimise added ingredients while still delivering a full rounded flavour to dishes.

**NB – STANDARDIZED RECIPES.**

**NB – STANDARDIZED YIELDS.**

**NB – STANDARDIZED COSTINGS**

**NB – MINIMISE ADDED INGREDIENTS.**

**NB – NO ADDED MSG.**

**NB – 1 PART COOKING SAUCE + 4 - 5 PARTS WATER + 10 PARTS MEAT AND VEGETABLES**

**PRODUCT APPLICATIONS**

- **Spaghetti Bolognese** – see suggested recipe.
- **Lasagne** – see suggested recipe.
- **Tomato Bredie** – see suggested recipe.

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## **MALORA BOLOGNAISE COOKING SAUCE**

*Recipe suggestions:*

### **SPAGHETTI BOLOGNAISE**

Beef Mince  
Sliced Onions  
Malora Bolognaise Cooking Sauce  
Water

\*\* Carrots Grated - Optional

#### **Method:**

Fry onions in oil until soft.  
Brown meat.  
Mix Bolognaise Cooking Sauce powder with water  
add to meat and vegetables.  
Cook until meat is tender.  
Taste and adjust flavour before serving.

Serve over Spaghetti / Pasta

Kg`s  
9,0  
1,0  
1,0  
4,0

### **BEEF LASAGNE**

Beef Mince  
Sliced Onions  
Malora Bolognaise Cooking Sauce  
Water

\*\* Fresh chopped Tomato - Optional

#### **Method:**

Fry onions in oil until soft.  
Brown meat.  
Mix Bolognaise Cooking Sauce powder with water  
add to meat and vegetables.  
Cook until meat is tender.  
Taste and adjust flavour before serving.

^^ Use Malora Cheese Sauce for the  
Cheese Sauce layer ^^

Kg`s  
9,0  
1,0  
1,0  
4,0

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## **MALORA BOLOGNAISE COOKING SAUCE**

*Economical Recipe suggestions:*

### **SPAGHETTI BOLOGNAISE**

Beef Mince	Kg`s	7,0
Soya mince - Beef Flavoured		2,0
(500g Soya + 1.5 litre water, soak before adding)		
Sliced Onions		1,0
Malora Bolognese Cooking Sauce		1,0
Water		5,0

\*\* Carrots Grated - Optional

### **Method:**

Fry onions in oil until soft.  
Brown meat. Add reconstituted Soya Mince.  
Mix Bolognese Sauce powder with water and add to meat, soya and vegetables  
Cook until meat is tender.  
Taste and adjust flavour before serving.

Serve over Spaghetti / Pasta

### **BEEF LASAGNE**

Beef Mince	Kg`s	7,0
Soya mince - Beef Flavoured		2,0
(500g Soya + 1.5 litre water, soak before adding)		
Sliced Onions		1,0
Malora Bolognese Cooking Sauce		1,0
Water		5,0

\*\* Fresh chopped Tomato - Optional

### **Method:**

Fry onions in oil until soft  
Brown meat. Add reconstituted Soya Mince.  
Mix Bolognese Sauce powder with water add to meat, soya and vegetables  
Cook until meat is tender.  
Taste and adjust flavour before serving.

^^ Use Malora Cheese Sauce for the Cheese Sauce layer ^^

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## **MALORA BOLOGNAISE COOKING SAUCE**

*Recipe suggestions:*

### **TOMATO BREDIE**

Beef Chunks	Kg`s	9,0
Sliced Onions		1,0
Malora Bolognaise Cooking Sauce		1,0
Water		4,0
** Fresh chopped Tomato to taste		

^^ Use Malora Meat Tenderiser to tenderise tough meat cuts before use. ^^

### **Method:**

Fry onions in oil until soft.  
Brown meat.  
Mix Bolognaise Cooking Sauce powder with water and add to meat and vegetables  
Cook until meat is tender.  
Taste and adjust flavour before serving.

Serve over Rice/ Pasta / Pap / Mash

*Economical Recipe suggestions:*

### **TOMATO BREDIE**

Beef Chunks	Kg`s	7,0
Soya Chunks - Beef Flavoured		2,0
(500g Soya + 1.5 litre water, soak before adding)		
Sliced Onions		1,0
Malora Bolognaise Cooking Sauce		1,0
Water		5,0

\*\* Fresh chopped Tomato - Optional

\*\* Cubed Potatoes - Optional

### **Method:**

Fry onions in oil until soft  
Brown meat. Add reconstituted Soya Chunks.  
Mix Bolognaise Cooking Sauce powder with water add to meat, soya and vegetables  
Cook until meat is tender.  
Taste and adjust flavour before serving.

Serve over Rice/ Pasta / Pap / Mash

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<b>MALORA PREMIUM COOKING SAUSE</b>	
<b>BOLOGNAISE</b>	Per 100 g Powder
Energy (kj)	1046
Protein (g)	4,1
Glyceamic carbohydrates (g)	55,2
of which total Sugars (g)	6,0
of which total Starch (g)	12,9
of which total Lactose (g)	0,0
Total Fat (g)	1,0
Saturated fat (g)	0,0
of which Trans fat (g)	0,0
Dietary Fibre (g)	0,5
Sodium (mg)	6430
All results calculated	