

# Product Information Sheet



*Always makes better*

**PRODUCT:** MALORA COOKING PRE-MIX - CHICKEN A la KING

**PRODUCT BRIEF:** Creamy Chicken flavoured Cooking Sauce for use in Chicken a La King and other creamy chicken dishes.

**INGREDIENTS:** Modified Starch, Creamer [Maltodextrin, Glucose, Non-hydrogenated Vegetable Fat(Palm fruit), Sodium Casienate, Stabilizers (E340b, E350b), Emulsifier (E481), Anti-caking Agent(E551), Colourants (E160a, E101)}, Skim Milk Powder, Flavourings, Salt, Sugar, Spice & Spice Extracts, Flavour Enhancer (E631, E627), Acidifying Agent, Anti Caking agent.

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

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

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

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

## KEY FEATURES - MALORA COOKING PRE-MIX 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 – GLUTEN FREE.**

**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

- **Chicken a La King** – see suggested recipe.
- **Chicken Pie** – see suggested recipe.
- **Chicken Livers** - see suggested recipe
- **Chicken Pot Pie** - see suggested recipe

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

# Product Information Sheet



*Always makes better*

## **MALORA COOKING PRE-MIX – Chicken A la King**

*Recipe suggestions:*

### **CHICKEN a La KING**

|                      |      |     |
|----------------------|------|-----|
| Chicken Meat         | Kg`s | 9,0 |
| Sliced Onions        |      | 1,0 |
| Malora Cooking Sauce |      | 1,0 |
| Water                |      | 4,0 |

\*\* Sliced Green Pepper - Optional

\*\* Cream - Optional

### **Method:**

Fry onions in oil until soft.

Brown meat.

Mix Cooking Sauce powder with water  
add to meat and vegetables

Cook until meat is tender.

Taste and adjust flavour before serving.

Serve over Rice / Pasta

### **CHICKEN PIE**

|                      |      |     |
|----------------------|------|-----|
| Chicken Meat         | Kg`s | 9,0 |
| Sliced Onions        |      | 1,0 |
| Malora Cooking sauce |      | 1,0 |
| Water                |      | 4,0 |

\*\* Diced Carrots - Optional

### **Method:**

Fry onions in oil until soft.

Brown meat.

Mix Cooking Sauce powder with water  
add to meat and vegetables

Cook until meat is tender.

Taste and adjust flavour before serving.

Make a topping with Malora Mash Potato

# Product Information Sheet



*Always makes better*

## **MALORA COOKING PRE-MIX – CHICKEN A la KING**

*Economical Recipe suggestions:*

### **CHICKEN a La KING**

|  | Kg`s |
|--|------|
| Chicken Meat   | 7,0  |
| Sliced Onions  | 1,0  |
| Soya Mince / Chunks - Chicken Flavoured<br>(500g Soya + 1.5 litre water, soak before adding) | 2,0  |
| Malora Cooking Sauce   | 1,0  |
| Water  | 5,0  |

\*\* Sliced Green Pepper - Optional

### **Method:**

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

Serve over Rice / Pasta

### **CHICKEN PIE**

|   | Kg`s |
|---|------|
| Chicken Meat  | 7,0  |
| Sliced Onions   | 1,0  |
| Soya Mince / Chunks- Chicken Flavoured<br>(500g Soya + 1.5 litre water, soak before adding) | 2,0  |
| Malora Cooking Sauce  | 1,0  |
| Water   | 5,0  |

\*\* Diced Carrots - Optional

### **Method:**

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

Make a topping with Malora Mash Potato

# Product Information Sheet



*Always makes better*

## **MALORA COOKING PRE-MIX – CHICKEN A la KING**

*Economical Recipe suggestions:*

### **CHICKEN LIVERS**

Chicken Livers  
Sliced Onions  
Malora Cooking Sauce  
Water

Kg`s  
9,0  
1,0  
1,0  
5,0

### **CHICKEN POT PIE**

Chicken Meat  
Sliced Onions  
Frozen Mixed Vegetables  
Malora Cooking Sauce  
Water

Kg`s  
6,0  
1,0  
3,0  
1,0  
4,0

### **Method:**

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

Serve over Rice / Pasta / Mash / Pap

### **Method:**

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

Make a topping with Malora Mash Potato

# Product Information Sheet



*Always makes better*

| <b>MALORA COOKING PRE-MIX</b> |                  |
|-------------------------------|------------------|
| <b>CHICKEN A la KING</b>      | Per 100 g Powder |
| Energy (kj)                   | 1259             |
| Protein (g)                   | 6,6              |
| Glyceamic carbohydrates (g)   | 59,5             |
| of which total Sugars (g)     | 5,0              |
| of which total Starch (g)     | 10,3             |
| of which total Lactose (g)    | 5,3              |
| Total Fat (g)                 | 6,4              |
| Saturated fat (g)             | 0,0              |
| of which Trans fat (g)        | 0,0              |
| Dietary Fibre (g)             | 0,4              |
| Sodium (mg)                   | 4231             |
| All results calculated        |                  |