

# Product Information Sheet



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**PRODUCT:** MALORA COOKING SAUCE – CHICKEN CASSEROLE

**PRODUCT BRIEF:** Chicken flavoured Cooking Sauce for use in Chicken Casserole, Chicken Pie, and Chicken Livers.

**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 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 – 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 Stew** – 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**

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## MALORA COOKING SAUCE – CHICKEN CASSEROLE

*Recipe suggestions:*

### **CHICKEN CASSEROLE**

Chicken Meat  
Sliced Onions  
Malora Cooking Sauce  
Water  
Vegetables – Of choice

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

### **CHICKEN PIE**

Chicken Meat  
Sliced Onions  
Malora Cooking sauce  
Water  
Diced Carrots or Vegetables of choice.

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

### **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

### **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

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## MALORA COOKING SAUCE – CHICKEN CASSEROLE

*Economical Recipe suggestions:*

### **CHICKEN CASSEROLE**

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

### **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**

Chicken Meat	Kg`s	7,0
Sliced Onions		1,0
Soya Mince / Chunks- Chicken Flavoured (500g Soya + 1.5 litre water, soak before adding)		2,0
Malora Cooking Sauce		1,0
Water		5,0
** Diced Carrots or other Vegetables		

### **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

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## MALORA COOKING SAUCE – CHICKEN STEW

*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.

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<b>MALORA COOKING SAUCE</b>	
<b>CHICKEN CASSEROLE</b>	Per 100 g Powder
Energy (kj)	1257
Protein (g)	6,5
Glyceamic carbohydrates (g)	59,7
of which total Sugars (g)	4,8
of which total Starch (g)	10,4
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)	4099
All results calculated	