

Product Information Sheet



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PRODUCT:

MALORA COOKING SAUCE – CURRY

PRODUCT BRIEF:

Mild Curry flavoured cooking sauce for use in any meat, fish or vegetable curry dishes.

INGREDIENTS:

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

PACK SIZES:

1 Kg, 5Kg

MIXING RATIO:

Add 1 part Curry Cooking Sauce 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.

For a stronger curry add Malora Kashmiri or Special Masala mix.

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

- **Curry** – see suggested recipe.
- **Economical Curry** – see suggested recipe.
- **Curry 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 - CURRY

Recipe suggestions:

CURRY

Meat Cubes / Mince or Fish or Vegetables
Sliced Onions
Malora Curry Cooking Sauce
Water

** Add Malora Kashmiri or Special Masala
for stronger Curry Taste.

Method:

Fry onions in oil until soft.
Brown meat.
Mix Curry 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 / Mash

Economical Recipe suggestions:

CURRY

Beef / Chicken Meat (Mince or Cubes)
Soya Mince or Chunks - Beef / Chicken Flavoured
(500g Soya + 1.5 litre water, soak before adding)
Sliced Onions
Malora Curry Cooking Sauce
Water

** Frozen Vegetables - Optional

Method:

Fry onions in oil until soft.
Brown meat.
Mix Curry 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 / Mash

Malora

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MALORA COOKING SAUCE - CURRY

Recipe suggestions:

CURRY PIE

Meat Cubes / Mince or Fish or Vegetables
Sliced Onions
Malora Curry Cooking Sauce
Water

** Add Malora Kashmiri or Special Masala for stronger Curry Taste.

Method:

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

Use Malora Mash Potato as topping for pie.

Kg`s

9,0
1,0
1,0
4,0

Economical Recipe suggestions:

CURRY PIE

Beef / Chicken Meat (Mince or Cubes)
Soya Mince or Chunks - Beef / Chicken Flavoured
(500g Soya + 1.5 litre water, soak before adding)
Sliced Onions
Malora Curry Cooking Sauce
Water

** Frozen Vegetables - Optional

Method:

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

Use Malora Mash Potato as topping for pie.

Kg`s

7,0
2,0
1,0
1,0
4,0

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MALORA COOKING SAUCE	
CURRY	Per 100 g Powder
Energy (kj)	1289
Protein (g)	5,9
Glyceamic carbohydrates (g)	62,4
of which total Sugars (g)	8,5
of which total Starch (g)	9,6
of which total Lactose (g)	1,6
Total Fat (g)	4,3
Saturated fat (g)	0,0
of which Trans fat (g)	0,0
Dietary Fibre (g)	4,6
Sodium (mg)	3665
All results calculated	