

Product Information Sheet



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PRODUCT: MALORA COOKING SAUCE - GOULASH

PRODUCT BRIEF: Paprika, Tomato Green Pepper and Garlic flavoured Cooking Sauce for use in Goulash and red meat stew.

INGREDIENTS: Modified Starch, Herbs & Spices, Flavourings, 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)}, Flavour Enhancer (E631, E627), Acidifying agent, Spice extracts, Anti Caking agent.

PACK SIZES: 1 Kg, 5Kg

MIXING RATIO: Add 1 part Savoury Mince 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.

KEY FEATURES - MALORA COOKING SAUCE POWDER

Malora Premium Cooking Sauce were designed as a batch pack to standardise recipes yields and costing. Minimise added raw 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

- **Beef Goulash** – see suggested recipe.
- **Beef Stew** – see suggested recipes.
- **Liver** – see suggested recipe.
- **Venison** – 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 - GOULASH

Recipe suggestions:

GOULASH

Meat Strips	Kg`s
Sliced Onions	9,0
Malora Goulash Cooking Sauce	1,0
Water	1,0
	4,0

- ** Sliced Green Pepper - optional
- ** Cream, Sour Cream or Buttermilk - Optional

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

Method:

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

Serve over Pasta / Rice / Mash

BEEF STEW

Beef Strips / Cubes	Kg`s
Sliced Onions	9,0
Malora Goulash Cooking Sauce	1,0
Water	1,0
	4,0

- **Chopped fresh Tomatoes - optional
- ** Cubed Potatoes - optional

Method:

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

Serve with Rice / Mash

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Economical Recipe suggestions:

GOULASH	Kg`s	BEEF STEW	Kg`s
Meat Strips	7,0	Beef Strips / Cubes	7,0
Sliced Onions	1,0	Sliced Onions	1,0
Malora Goulash Cooking Sauce	1,0	Malora Goulash Cooking Sauce	1,0
Water	5,0	Water	5,0
Soya Chunks - Beef Flavoured (500g Soya + 1.5 litre water, soak before adding)	2,0	Soya Chunks - Beef Flavoured (500g Soya + 1.5 litre water, soak before adding)	2,0

** Sliced Green Pepper - optional

** Cream, Sour Cream or Buttermilk - Optional

** Chopped fresh Tomatoes - optional

** Cubed Potatoes - optional

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

Method:

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

Serve over Pasta / Rice / Mash

Method:

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

Serve with Rice / Mash / Pap

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MALORA COOKING SAUCE - GOULASH

Recipe suggestions:

LIVER

Liver Strips / Cubes
Sliced Onions
Malora Goulash Cooking Sauce
Water

Kg`s

8,0

2,0

1,0

4,0

** Sliced Mushroom - optional
** Sliced Green & Red peppers - optional
** Cream, Sour Cream or Buttermilk - Optional

VENISON STEW

Venison Strips / Cubes
Sliced Onions
Malora Goulash Cooking Sauce
Water

Kg`s

8,0

2,0

1,0

4,0

** Chopped fresh Tomatoes - optional
** Cubed Potatoes - optional
** Mixed Vegetables - optional

Method:

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

Serve over Pasta / Rice / Mash / Pap

Method:

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

Serve with Rice / Mash / Pap

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MALORA COOKING SAUCE	
GOULASH	Per 100 g Powder
Energy (kj)	1189
Protein (g)	5,8
Glyceamic carbohydrates (g)	53,6
of which total Sugars (g)	4,1
of which total Starch (g)	13,4
of which total Lactose (g)	0,0
Total Fat (g)	4,3
Saturated fat (g)	0,0
of which Trans fat (g)	0,0
Dietary Fibre (g)	4,4
Sodium (mg)	4438
All results calculated	