

Product Information Sheet



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PRODUCT: MALORA COOKING SAUCE – STROGANOFF

PRODUCT BRIEF: Creamy Beef flavoured cooking sauce for use in Beef Stroganoff, Peppered Steak, Steak Pie, and Steak & Kidney Pie.

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

PACK SIZES: 1 Kg, 5Kg

MIXING RATIO: Add 1 part Stroganoff 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 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

- **Beef Stroganoff** – see suggested recipe.
- **Peppered Steak** – see suggested recipe.
- **Pepper Steak Pie** – see suggested recipe.
- **Steak & Kidney 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 - STROGANOFF

Recipe suggestions:

BEEF STROGANOFF

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

** Sliced Green Pepper - optional

** Cream, Sour Cream, Buttermilk - optional

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

Method:

Fry onions in oil until soft.

Brown Beef strips.

Mix Stroganoff 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

PEPPER STEAK

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

**Coarse Black Pepper - to taste - optional

Method:

Fry onions in oil until soft.

Brown meat.

Mix Stroganoff Cooking Sauce powder with water

add to meat and vegetables.

Cook until meat is tender.

Taste and adjust flavour before serving.

Serve with Malora Mash Potato

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MALORA COOKING SAUCE - STROGANOFF

Economical Recipe suggestions:

BEEF STROGANOFF

Beef Strips	Kg`s	7,0
Sliced Onions		1,0
Malora Stroganoff Cooking Sauce		1,0
Water		4,0
Soya Chunks - Beef Flavoured (500g Soya + 1.5 litre water, soak before adding)		2,0

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

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

Method:

Fry onions in oil until soft.
Brown meat. Add reconstituted Soya Mince.
Mix Stroganoff 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

PEPPER STEAK

Beef Strips / Cubes	Kg`s	7,0
Sliced Onions		1,0
Malora Stroganoff Cooking Sauce		1,0
Water		4,0
Soya Chunks - Beef Flavoured (500g Soya + 1.5 litre water, soak before adding)		2,0

- **Coarse Black Pepper - to taste - optional

Method:

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

Serve with Malora Mash Potato

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MALORA COOKING SAUCE - STROGANOFF

Recipe suggestions:

PEPPER STEAK PIE

Beef Strips / Cubes
Sliced Onions
Malora Stroganoff Cooking Sauce
Water

** Frozen Vegetables - Optional

** Coarse Black Pepper - to taste

Kg`s

9,0

1,0

1,0

4,0

STEAK & KIDNEY PIE

Beef Strips / Cubes & Kidneys
Sliced Onions
Malora Stroganoff Cooking Sauce
Water

** Frozen Vegetables - Optional

** Coarse Black Pepper - to taste - optional

Kg`s

9,0

1,0

1,0

4,0

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

Method:

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

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

Use Malora Instant Mash Potato for topping

Use Malora Instant Mash Potato for topping

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MALORA STROGANOFF COOKING SAUCE

Economical Recipe suggestions:

PEPPER STEAK PIE

Beef Strips / Cubes
Sliced Onions
Malora Stroganoff Cooking Sauce
Water
Soya Chunks - Beef Flavoured
(500g Soya + 1.5 litre water, soak before adding)
** Frozen Vegetables - Optional
** Coarse Black Pepper - to taste

Kg`s

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

STEAK & KIDNEY PIE

Beef Strips / Cubes & Kidneys
Sliced Onions
Malora Stroganoff Cooking Sauce
Water
Soya Chunks - Beef Flavoured
(500g Soya + 1.5 litre water, soak before adding)
** Frozen Vegetables - Optional
** Coarse Black Pepper - to taste - optional

Kg`s

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

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Method:

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Use Malora Instant Mash Potato for topping

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MALORA COOKING SAUCE	
STROGANOFF	Per 100 g Powder
Energy (kj)	1251
Protein (g)	6,8
Glyceamic carbohydrates (g)	61,3
of which total Sugars (g)	6,5
of which total Starch (g)	12,1
of which total Lactose (g)	11,8
Total Fat (g)	3,6
Saturated fat (g)	0,0
of which Trans fat (g)	0,0
Dietary Fibre (g)	1,1
Sodium (mg)	4221
All results calculated	