

# Product Specification Sheet – Curry Flavours Spice Mix

**Title** Cajun Prawns Spice Mix

**Level** Mild 

## Overview: -

Cajun Prawns is a style of cooking named for the French-speaking Acadian people deported by the British from Acadia in Canada to the Acadiana region of Louisiana. It is what could be called a rustic cuisine, locally available ingredients predominate, and preparation is simple.

An authentic Cajun meal is usually a three-pot affair, with one pot dedicated to the main seafood dish.

The aromatic vegetables green bell pepper, onion, and celery are called the holy trinity by Cajun chefs in Cajun and Louisiana Creole cuisines. Roughly diced and combined in cooking, the method is like the use of the mirepoix in traditional French cuisine which blends roughly diced onion, celery and carrot. Characteristic aromatics for the Creole version may also include parsley, bay leaf, green onions, dried cayenne pepper, and dried black pepper.

Also, pairs with Beef, Vegetables, Lamb, Cottage Cheese and Potatoes.

<b>What you'll need</b>	Prawns (Deveined and De-Shelled) Coconut Milk Celery (Diced 10x10mm)
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## **Instructions to Prepare**

See Quantities as per below table.

1. Add Oil,
2. Add celery and prawns, panfry slightly and add Water, cover pot to retain the juices
3. Add spice mix and stir well
4. Finally add coconut milk and simmer off. Simmer on low heat.
5. Cajun Prawns are ready to serve

Spice Mix	100grams	1kg
Cooking Oil	70ml	700 ml
Water	500ml	5 Ltr's
Prawns (Deveined and De-Shelled)	1 Kg	10 Kg
Celery (Diced 10x10mm)	150 grams	1.5 Kg
Spice Mix	100 grams	1 kg
Coconut Milk	300ml	3 Ltr's
Cook Loss	5%	5%
Total Yield	1.8 Kg	18 Kg

Pack	Retail Pack	Food Service Pack
Weight	100 grams	1 kg
Price per pack		
Serves	8 serves	80 serves
Yield	1.75 kg	17.5 kg
Barcode	9348630001587	9348630002584

**Hint:-** 1. Garnishing with Coriander leaves and almond or cashew nuts if desired

2. Add a dollop of Butter while cooking for a better taste

**Ingredients:** - Dehydrated vegetables (tomato, garlic, onion), maltodextrin (maize), sugars, spices (fennel, ginger, cardamom, cloves, coriander, cumin, turmeric, nutmeg, pimento, cassia powder, chilli), thickener (1422), salt, milk powder, flavour, cheese powder (milk), acidity regulator (330, 327, 270, 262), dextrose (tapioca maize), yeast extract

**Allergens:** - Milk

### Nutritional Information

	Per 100 grams
Energy	1388kj
Protein	8.1g
Fat, total	2.7g
Fat, saturated	0.8g
Carbohydrates	64.0g
Sugars	20.8g
Dietary Fibre	7.6g
Sodium	3906mg



### Food Safety System in place



### Bain- Marie Stable

Held Covered For no More Than 4 Hours



### Freeze-Thaw Stable

Thawed under 0-5°C Chilled Conditions



### Cook Chill Stable

When Prepared As Per Directions, Chilled



Below 0-5°C, then reheated

### Nut free Range



### Our Details

#### Curry Flavours

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### Storage

For Maximum Freshness, Store In A Cool Dry Place