

Product Specification Sheet – Curry Flavours Spice Mix

Title Lamb Balti Curry Spice Mix

Level Medium 

Overview: - Balti, as a food, is named after the steel or iron pot in which it is cooked. The word is found in Urdu, Hindi, Odia, and Bengali, and means "bucket". The word developed from the Portuguese balde, meaning bucket or pail, and travelled to the Indian subcontinent via the Portuguese seafaring enterprises of the early 16th century. The word likely made its way into the English language during the British India.

According to Pat Chapman, a food historian, the origins of the word can be traced to the area of Baltistan, in northern Pakistan, where a cast-iron wok, like the Chinese wok, is used for cooking. Baltistan shares a border with China. In his Curry Club Balti Curry Cookbook, Chapman states:

The balti pan is a round-bottomed, wok-like heavy cast-iron dish with two handles. ... The origins of Balti cooking are wide ranging and owe as much to China (with a slight resemblance to the spicy cooking of Szechuan) and Tibet, as well as to the ancestry of the Mirpuris, the tastes of the Moghul emperors, the aromatic spices of Kashmir, and the 'winter foods' of lands high in the mountains. Truly a dish to present

Also, pairs with Beef, Vegetables & Seafood

What you'll need	Diced Lamb Mushrooms Coriander #Cook in a Cast Iron Wok (Optional)
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Instructions to Prepare

See Quantities as per below table.

1. Add Oil,
2. Add the diced lamb and panfry to partially cook off. Cover the pan to retain the juices
3. Add the spice mix and water, stir well
4. Simmer on low heat till sauce thickens up
5. Add the sliced mushrooms
6. Finally add the chopped coriander before taking off the heat
7. Balti Lamb is ready to serve

Spice Mix	100grams	1kg
Cooking Oil	100ml	1 Ltr
Water	500ml	5 Ltr's
Diced Lamb	1 Kg	10 Kg
Spice Mix	100 grams	1 kg
Mushrooms (whole or halves)	200 grams	2 Kg
Chopped Coriander	20 grams (Approx.)	200 grams (Approx.)
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	9348630001181	9348630002188

Hint:- 1. Garnishing with Coriander leaves and a dollop of yoghurt (Optional)

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

Ingredients: - Dehydrated vegetables (tomato, garlic, onion), maltodextrin (maize), sugars, spices (fenugreek, ginger, cardamom, cloves, coriander, cumin, turmeric, nutmeg, cinnamon, pimento, cassia, fennel, pepper) Thickener (1422), salt, acidity regulator (330), colour (160c), canola oil, spice extract, colours (150a, 160c)

Allergens: -

Nutritional Information

	Per 100 grams
Energy	1332kj
Protein	5.3g
Fat, total	2.5g
Fat, saturated	0.4g
Carbohydrates	64.3g
Sugars	9.9g
Dietary Fibre	6.9g
Sodium	2532mg



Food Safety System in place



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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



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Storage

For Maximum Freshness, Store In A Cool Dry Place