

Product Specification Sheet – Curry Flavours Spice Mix

Title Lamb Rogan Josh Spice Mix

Level Medium



Overview: - Rogan josh also written roghan josh or roghan ghosht, is an aromatic lamb dish of Persian or Kashmiri origin, which is one of the signature recipes of Kashmiri cuisine. The dish is a staple of Kashmir and is one of the main dishes of the Kashmiri multi-course meal (the "Wazwan"). The dish was originally brought to Kashmir by the Mughals, whose cuisine was in turn influenced by Persian cuisine. The unrelenting summer heat of the Indian plains took the Mughals frequently to Kashmir, which has a cooler climate because of its elevation and latitude.

Rogan josh consists of pieces of lamb braised with a gravy flavoured with garlic, ginger and aromatic spices (cloves, bay leaves, cardamom, and cinnamon), and in some versions incorporating onions. Its characteristic deep red colour traditionally comes from dried flowers or root of Alkanna tinctoria and from liberal amounts of dried, deseeded Kashmiri chilies. These chilies, whose flavour approximates that of paprika, are considerably milder than the typical dried cayenne pepper of Indian cuisine. The recipe's spice emphasises aroma rather than heat. Saffron is also part of some traditional recipes.

Although the dish is from Jammu & Kashmir, it is a staple in Australian curry houses, whose menu is partly Northern cuisine, and is an example of dishes from the Subcontinent that got "co-opted" once they left the area.

Also, pairs with Beef, Vegetables and Seafood

What you'll need	Diced Lamb Coriander
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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. Finally add the chopped coriander before taking off the heat
6. Lamb Rogan Josh is ready to serve

Spice Mix	100grams	1kg
Cooking Oil	100ml	1 Ltr
Water	600ml	6 Ltr's
Diced Lamb	1 Kg	10 Kg
Spice Mix	100 grams	1 kg
Chopped Coriander	40 grams (Approx.)	400 grams (Approx.)
Cook Loss	5%	5%
Total Yield	1.7 Kg	17 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	9348630001174	9348630002171

Hint:- 1. Garnishing with Coriander leaves and sliced tomatoes

2. Add a dollop of Butter 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



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

12 Jusfrute Drive

West Gosford NSW 2250

Email admin@curryflavours.com.au

Website www.curryflavours.com.au

Phone: 1300 2 CURRY (1300 2 28779)

Storage

For Maximum Freshness, Store In A Cool Dry Place