

# Product Specification Sheet – Curry Flavours Spice Mix

**Title** Methi Fish Curry Spice Mix

**Level** Mild



## Overview: -

This is the recipe of Methi Fish which is a simple delicately flavoured fish curry with Fenugreek (Methi leaves). This is a Sindhi fish specialty which has its origins from the Indus Valley Civilisation. Prepared with Fenugreek, it is not just easy to make but is a must to savour any season of the year. Fenugreek itself is a magical herb, lightly spiced it adds such lovely and healthful flavour to any dish. Fenugreek aids better digestion treats respiratory conditions, cures skin problems and maintain a good metabolism. We have tried to combine flavour and health in this delicious fish methi curry

Also, pairs with Vegetables and lobsters

<b>What you'll need</b>	Diced or whole Fish of your choice Coconut Cream
-------------------------	---

## Instructions to Prepare

See Quantities as per below table.		
1. Add oil and water and then add the diced/whole fish and partially cook off. Cover the pan to retain the juices		
2. Add the spice mix, stir gently		
3. Add the coconut cream		
4. Simmer on low heat till sauce thickens up		
5. Methi Fish is ready to serve		

Spice Mix	100grams	1kg
Cooking Oil	100ml	1 Ltr
Water	600ml	6 Ltr's
Fish	1 Kg	10 Kg
Spice Mix	100 grams	1 kg
Coconut Cream	100 ml	1 Ltr
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	9348630001211	9348630002218

- Hint:-**
1. Garnishing with Coriander leaves and small coconut pieces (fresh or dried)
  2. Use any fish variety (traditionally made with whole fish)
  3. Add a dollop of Butter while cooking for a better taste

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

**Allergens:** -

### Nutritional Information

	Per 100 grams
Energy	1398kj
Protein	5.7g
Fat, total	2.0g
Fat, saturated	0.3g
Carbohydrates	69.8g
Sugars	8.1g
Dietary Fibre	5.0g
Sodium	3601mg



### 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](mailto:admin@curryflavours.com.au)

Website [www.curryflavours.com.au](http://www.curryflavours.com.au)

Phone: 1300 2 CURRY (1300 2 28779)

### Storage

For Maximum Freshness, Store In A Cool Dry Place