

Product Specification Sheet – Curry Flavours Spice Mix

Title Singapore Fish Head Curry Spice Mix

Level Medium 

Overview: -

Also, pairs with Fish Fillets, Prawns & Chicken

What you'll need	Whole Fish Head of your choice Coconut Milk Vegetables of Your Choice
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Instructions to Prepare

See Quantities as per below table.

1. Add Oil and water
2. Add all the diced chunky vegetables (We recommend using, okra, carrots, cauliflower, eggplant, onions, tomatoes-etc). Bring to boil
3. Add the Fish Heads. Cover the pan to retain the juices
4. Add the spice mix and water, stir well
5. Add the coconut milk
6. Simmer on low heat till sauce thickens up
7. Singapore Fish Head Curry is ready to serve

Spice Mix	100grams	1kg
Cooking Oil	100ml	1 Ltr
Water	600ml	6 Ltr's
Fish Heads	1 Kg	10 Kg
Chopped Chunky Vegetables	350 grams	2.5 Kg
Spice Mix	100 grams	1 kg
Coconut Cream	50 ml	500 ml
Cook Loss	5%	5%
Total Yield	2 Kg	20 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	9348630001259	9348630002256

Hint:- 1. Garnishing with Coriander leaves

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

Ingredients: - Dehydrated vegetables (tomato, garlic, onion), maltodextrin (maize, tapioca), sugars, spices (fenugreek, ginger, cardamom, cloves, coriander, cumin, turmeric, nutmeg, cinnamon, pimento, cassia, fennel, pepper) Thickener (1422), coconut milk powder, salt, acidity regulator (330), canola oil, colours (150a, 160c), milk protein (sodium caseinate).

Allergens: - Milk

Nutritional Information

	Per 100 grams
Energy	1455kj
Protein	5.6g
Fat, total	5.5g
Fat, saturated	3.9g
Carbohydrates	65.2g
Sugars	10.8g
Dietary Fibre	6.1g
Sodium	3765mg



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

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Storage

For Maximum Freshness, Store In A Cool Dry Place