

Product Specification Sheet – Curry Flavours Spice Mix

Title Durban Bunny Chow Curry Spice Mix

Level Mild



Overview: -

Bunny chow, often referred to as a bunny, is a South African fast food dish consisting of a hollowed-out loaf of bread filled with curry. It originated in the Durban Indian community. The precise origins of the food are disputed, although its creation has been dated to the 1940s.

Stories of the origin of bunny chow date as far back as the migrant Indian workers arrival in South Africa. One account suggests that migrant workers from India who were brought to South Africa to work the sugar cane plantations of Kwazulu-Natal (Port Natal) required a way of carrying their lunches to the field, so, a hollowed-out loaf of bread was a convenient way to transport their vegetarian curries. Meat based fillings came later. The use of a loaf of bread can also be ascribed to the lack of the traditional roti bread, in the absence of which a loaf of bread would be acceptable as an accompaniment to curry.

Also, pairs with Beef, Vegetables, Chicken & Seafood

What you'll need	Diced Lamb Coriander (Optional)
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Instructions to Prepare

See Quantities as per below table.

1. Add Oil,
2. Add the diced lamb to panfry. Then add water. Cover the pan to retain the juices
3. Add the spice mix, stir well
4. Simmer on low heat till sauce thickens up.
5. Finally add the chopped coriander before taking off the heat
6. Durban Bunny Chow is ready to serve

Spice Mix	100grams	1kg
Cooking Oil	100ml	1 Ltr
Water	700ml	7 Ltr's
Diced Lamb	1 Kg	10 Kg
Spice Mix	100 grams	1 kg
Chopped Coriander	20 grams (Approx.)	200 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	9348630001617	9348630002614

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

2. Add a dollop of Butter for a better taste

3. Serve with Bread, traditionally served in a hollowed-out loaf (see image)

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

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Storage

For Maximum Freshness, Store In A Cool Dry Place