

Product Specification Sheet – Curry Flavours Spice Mix

Title Chana Masala (Chickpeas Curry) Spice Mix

Level Medium



Overview: -

Chana masala, means literally "mix-spiced small-chickpeas", is a dish from the Indian subcontinent; notable in Indian cuisine. The main ingredient is a variety of white or black chickpea.

Chana masala is dry and spicy with a sour citrus note (the flavour usually comes from coriander and onion). Chana masala is also widely sold as snack food and street food in India. Along with chickpeas, the ingredients of Chana masala typically include onion, chopped tomatoes, coriander seed, garlic, chillies, ginger, dried mango powder, crushed pomegranate seed and garam masala. This is the blend we have perfected. Truly a health food

Also, pairs with Potatoes & Cottage Cheese

| | |
|-------------------------|---------------------------------------|
| What you'll need | Chick Peas Tomatoes- Diced 10x10mm |
|-------------------------|---------------------------------------|

Instructions to Prepare

See Quantities as per below table.

1. Soak 500g of white chick peas overnight in water. Then boil in water until tender. Even if using tin chickpeas, boil till tender. Add a good pinch of salt while boiling either. Strain and set aside
2. In a separate pan add oil, throw in diced onion and tomatoes. Brown this off
3. Add water and spice mix to tomatoes and bring to boil and add the chickpeas.
4. Finally, simmer off
5. Chana Masala is ready to serve

| Spice Mix | 100grams | 1kg |
|------------------------------|-----------|---------|
| Cooking Oil | 100ml | 1 Ltr |
| Water | 400ml | 4 Ltr's |
| Chickpeas | 1 Kg | 10 Kg |
| Tomatoes (Small 10x10 Diced) | 300 grams | 3 Kg |
| Spice Mix | 100 grams | 1 kg |
| 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 | 9348630001440 | 9348630002447 |

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

3. 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, star anise, pomegranate, dry green chillies, mango powder, fennel, pepper), salt, acidity regulator (330), canola oil

Allergens: -

Nutritional Information

| | Per 100 grams |
|----------------|---------------|
| Energy | 1217kj |
| Protein | 5.6g |
| Fat, total | 2.1g |
| Fat, saturated | 0.6g |
| Carbohydrates | 61.1g |
| Sugars | 9.6g |
| Dietary Fibre | 3.7g |
| Sodium | 2196mg |



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 grams