

# Product Specification Sheet – Curry Flavours Spice Mix

**Title** Chicken Jalfrezi Spice Mix

**Level** Medium 

**Overview:** - Jalfrezi is a dish originating in the Indian subcontinent, popular in Bangladeshi cuisine and Indian cuisine that involves frying marinated pieces of chicken in oil and spices to produce a dry, thick sauce. As the dish includes green chillies, a jalfrezi can range in heat from medium to very hot. Typically, those eating jalfrezi cool it down by consuming cream, yoghurt or other foods that help alleviate the heat. Jalfrezi recipes originally appeared in cookbooks of the British India as a way of using up leftovers by frying them in chilli and onion. This English language usage derived from the colloquial Bengali word jhālpharezi: in Bengali, jhāl means spicy food; in Persian, parhezī means suitable for a diet. In the Indian subcontinent, chicken jalfrezi is considered an Indian Chinese, Bangladeshi Indochinese or Pakistani Chinese dish, with a mix of Chinese and South Asian cooking techniques used in its preparation. In a survey in 2011, Jalfrezi was rated the most popular dish in UK Indian and restaurants

Also, pairs with Beef, Vegetables, Seafood & Lamb

<b>What you'll need</b>	Diced Chicken Capsicums (Large 30x30mm Diced) Onions (Large 30x30mm Diced) Tomatoes (Large 30x30mm Diced)
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## Instructions to Prepare

See Quantities as per below table.		
<ol style="list-style-type: none"> <li>1. Add Oil,</li> <li>2. Add the diced capsicums and onions panfry to partially cook off. Cover the pan to retain the juices</li> <li>3. Add the diced chicken, cover the pan</li> <li>4. Add the spice mix and water, stir well</li> <li>5. Simmer on low heat till sauce thickens up</li> <li>6. Finally add the tomatoes before taking off the heat</li> <li>7. Chicken Jalfrezi is ready to serve</li> </ol>		

Spice Mix	100grams	1kg
Cooking Oil	100ml	1 Ltr
Water	300ml	3 Ltr's
Diced Chicken	1 Kg	10 Kg
Spice Mix	100 grams	1 kg
Onions (Large 30x30mm Diced)	200 grams	2 Kg
Capsicums (Small 30x30mm Diced)	200 grams	2 Kg
Tomatoes (Large 30x30mm Diced)	200 grams	2 Kg
Cook Loss	5%	5%
Total Yield	1.9 Kg	19 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	9348630001167	9348630002164

- Hint:-**
1. Garnishing with Coriander leaves and Ginger juliennes
  2. Use Thigh Fillets
  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, 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

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### Storage

For Maximum Freshness, Store In A Cool Dry Place