

Product Specification Sheet – Curry Flavours Spice Mix

Title Prawn Bangal Curry Spice Mix

Level Medium



Overview: -

This prawn curry is considered a classic dish, and marinating prawns with a combination of salt and turmeric is characteristic of Bengali cooking. I love how the complementary sweetness of the prawns and coconut is contrasted with the heat and pungency of the chillies and mustard seeds. Very fresh prawns are essential for this recipe. This is a dish which has its origins from the West Bengal ranges. We have made it easy to make and is a must to savour any season of the year. We have tried to combine flavour and health in this delicious Bengal Prawns Curry

Also, pairs with crabs & lobsters

What you'll need	De-Shelled/Deveined Prawns Coconut Cream Capsicums (Medium 20x20mm Diced)
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Instructions to Prepare

See Quantities as per below table.

1. Add Oil, then add the prawns and capsicums to panfry to partially cook off, followed by adding the spice mix and water, stir well. Cover the pan to retain the juices
2. Add the coconut cream and simmer on low heat till sauce thickens up
3. Bangal Prawns Curry is ready to serve

Spice Mix	100grams	1kg
Cooking Oil	100ml	1 Ltr
Water	600ml	6 Ltr's
De-Shelled/Deveined Prawns	1 Kg	10 Kg
Capsicums (Medium 20x20mm Diced)	150grams	1.5 Kg
Spice Mix	100 grams	1 kg
Coconut Cream	100 ml	1 Ltr
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	9348630001235	9348630002232

- Hint:-**
1. Garnishing with Coriander leaves
 2. 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

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Storage

For Maximum Freshness, Store In A Cool Dry Place