

# Product Specification Sheet – Curry Flavours Spice Mix

**Title** Punjabi Goat Meat Curry Spice Mix

**Level** Medium



**Overview:** - Punjabi Goat Meat Curry is the highlight in a carnivore Punjabi's kitchen. With the cold winter fast approaching it will defiantly warm you up from the inside, whether it be the warmth of the spices or the warmth of fulfilment. We grew up eating this goat curry and I was taught by my grandad who was a master at this. The dish originated in the Indian subcontinent; and has become popular in Southeast Asian and Indo-Caribbean cuisine. In Southeast Asia, the dish was brought by Indian diaspora in the region, and subsequently has influenced local cuisine. This dish has spread throughout the Caribbean and the Caribbean diaspora in North America and Great Britain. In Indonesia, the dish is called kari kambing, and usually served with roti cane flatbread or steamed rice. Kare or kari (curry) is Indian influenced dishes commonly found in Indonesia, Malaysia and Singapore. Goat curry is popular among Muslim community in the region. Goat meat is a dish that is made during special occasions in India, Bangladesh, Pakistan and Nepal. Goat is a popular meat of choice for Hindus because they do not eat beef and for Muslims because they do not eat pork, so it is a good medium.

Also, pairs with Beef, Vegetables & Seafood

<b>What you'll need</b>	Goat Meat (on or off the bone-optional) Diced tomatoes (Small 10x10mm Diced) Coriander
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## Instructions to Prepare

See Quantities as per below table.

1. Add Oil,
2. Add the goat meat with the diced tomatoes and panfry to partially cook off. Cover the pan to retain the juices (You may wish to cook the goat meat in the oven prior)
3. Add the spice mix and water, stir well
4. Simmer on low heat till sauce thickens up and the meat is fully cooked through
5. Add the coriander before taking the pot off the heat and stir in
6. Goat Meat Curry is ready to serve

Spice Mix	100grams	1kg
Cooking Oil	100ml	1 Ltr
Water	600ml	6 Ltr's
Diced Goat Meat	1 Kg	10 Kg
Tomatoes (Small 10x10mm Diced)	100 grams	1 Kg
Spice Mix	100 grams	1 kg
Chopped Coriander	20 grams (Approx.)	200 grams (Approx.)
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	9348630001143	9348630002140

**Hint:-** 1. Garnishing with Coriander leaves and sliced tomatoes  
2. 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