

Product Specification Sheet – Curry Flavours Spice Mix

Title Prawn Malabari Spice Mix

Level Mild 

Overview: - A very mild and coconut rich prawn curry recipe made with roasted coconut in a mild cream-based sauce. Originally the origins of this dish can be traced back to The Malabar Coast, which refers to India's southwest coast, lying on the narrow coastal plain of Karnataka and Kerala states between the Western Ghats range and the Arabian Sea. The coast runs from south of Goa to Kanyakumari on India's southern tip.

Also, pairs with Beef, Vegetables, Lamb & Fish

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

See Quantities as per below table.

1. Add Oil, water and chunks of diced capsicums, let the water come to boil
2. Add de-shelled, deveined prawns
3. Add spice mix and stir well
4. Finally add coconut cream and simmer off. Simmer on low heat.
5. Prawns Malabari is ready to serve

Spice Mix	100grams	1kg
Cooking Oil	70ml	700 ml
Water	600ml	6 Ltr's
Prawns	1 Kg	10 Kg
Capsicums (Optional – Medium 20x20mm Diced)	100 grams	1 Kg
Spice Mix	100 grams	1 kg
Coconut Cream	150ml	1.5 Ltr's
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	9348630001105	9348630002102

Hint:- 1. For a Healthier option, use coconut milk instead of all coconut cream

2. Garnishing with Coriander leaves and grated coconut if desired

3. Add a dollop of Butter while cooking for a better taste

Ingredients: - Dehydrated vegetables (tomato, garlic, onion), maltodextrin (maize), sugars, spices (fennel, ginger, cardamom, cloves, coriander, cumin, turmeric, nutmeg, pimento, cassia powder, chilli), thickener (1422), salt, milk powder, flavour, cheese powder (milk), acidity regulator (330, 327, 270, 262), dextrose (tapioca maize), yeast extract

Allergens: - Milk

Nutritional Information

	Per 100 grams
Energy	1388kj
Protein	8.1g
Fat, total	2.7g
Fat, saturated	0.8g
Carbohydrates	64.0g
Sugars	20.8g
Dietary Fibre	7.6g
Sodium	3906mg



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