

Product Specification Sheet – Curry Flavours Spice Mix

Title Goan Fish Curry Spice Mix

Level Medium 

Overview: -

Goan Fish Curry is a delicacy from Goa, it is an Indian state located along India's west coast on the shore of the Arabian Sea. Seafood being one of the main ingredients in Goan cuisine, because the area is in a coastal, tropical climate, which means that spices and flavours are intense. Use of kokum is another distinct feature. Goan food is considered incomplete without fish. It is like Malvani or Konkani cuisine. The cuisine of Goa is originated from its Hindu roots and influenced by the four hundred years of Portuguese colonialization and the Muslim rule that preceded the Portuguese. This is medium spiced fish curry with a sweet and sour taste.

Also, pairs with Vegetables, Prawns & Chicken

What you'll need	Diced or whole Fish of your choice Coconut Cream Coriander
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Instructions to Prepare

See Quantities as per below table.
1. Add Oil and water
2. Add the diced/whole fish and partially cook off. Cover the pan to retain the juices
3. Add the spice mix and water, stir well
4. Add the coconut cream
5. Simmer on low heat till sauce thickens up
6. Add the coriander just before you take the pot off the heat, stir in
7. Goan Fish is ready to serve

Spice Mix	100grams	1kg
Cooking Oil	100ml	1 Ltr
Water	600ml	6 Ltr's
Fish	1 Kg	10 Kg
Spice Mix	100 grams	1 kg
Coconut Cream	60 ml	600 ml
Chopped Coriander	20 grams (Approx.)	200 grams (Approx.)
Cook Loss	5%	5%
Total Yield	1.7 Kg	17 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	9348630001242	9348630002249

- Hint:-**
1. Garnishing with Coriander leaves and dried chillies (optional)
 2. Use any fish variety (traditionally made with diced fish fillets)
 3. Add a dollop of Butter while cooking for a better taste

Ingredients: - Dehydrated vegetables (tomato, garlic, onion), maltodextrin (maize, tapioca), sugars, spices (fenugreek, ginger, cardamom, cloves, coriander, cumin, turmeric, nutmeg, cinnamon, pimento, cassia, fennel, pepper) Thickener (1422), coconut milk powder, salt, acidity regulator (330), canola oil, colours (150a, 160c), milk protein (sodium caseinate).

Allergens: - Milk

Nutritional Information

	Per 100 grams
Energy	1455kj
Protein	5.6g
Fat, total	5.5g
Fat, saturated	3.9g
Carbohydrates	65.2g
Sugars	10.8g
Dietary Fibre	6.1g
Sodium	3765mg



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