

# Product Specification Sheet – Curry Flavours Spice Mix

**Title** American Lamb Shanks Curry Spice Mix

**Level** Mild 

**Overview: -**

American Lamb Shanks is a classic winter warmers delight. The dish is an offspring of the Southeast Asian and Indo-Caribbean cuisine. In Southeast Asia, the dish was brought by Indian diaspora in the region, and eventually has landed a special place in the hearts of the American Northeast and Midwest regions and still spreading like wild fire. It's a classic smooth Lamb shanks curry with a hint of spice. Just the perfect curry of onions and tomatoes with an American flare

Also, pairs with Beef, Vegetables, Seafood and Potatoes.

|                         |   |
|-------------------------|---|
| <b>What you'll need</b> | Diced Lamb Shanks<br>Thickened Cream<br>Coriander |
|-------------------------|---|

**Instructions to Prepare**

|  |
|--|
| <p>See Quantities as per below table.</p> <ol style="list-style-type: none"> <li>Place lamb Shanks in a bag and boil or steam them to cook off. You can also cook these in an oven before finishing them in the curry</li> <li>In a separate pan, add oil,</li> <li>Add the lamb shanks and panfry to fully cook off, add water and bring to boil. Cover the pan to retain the juices</li> <li>Add the spice mix and stir well</li> <li>Finally add thickened cream and simmer off. Simmer on low heat.</li> <li>Add coriander just before taking this off the heat</li> <li>American Lamb Shanks is ready to serve</li> </ol> |
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| Spice Mix          | 100grams           | 1kg                 |
|--------------------|--------------------|---------------------|
| Cooking Oil        | 100ml              | 1 Litre             |
| Water              | 600ml              | 6 Litres            |
| Diced Lamb Shanks  | 1 Kg               | 10 Kg               |
| Spice Mix          | 100 grams          | 1 kg                |
| Thickened Cream    | 100ml              | 1 Litre             |
| Chopped Coriander  | 20 grams (Approx.) | 200 grams (Approx.) |
| Cook Loss          | 5%                 | 5%                  |
| <b>Total Yield</b> | <b>1.7 Kg</b>      | <b>17 Kg</b>        |

| 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        | 9348630001204 | 9348630002201     |

- Hint:-**
- For a Healthier option, use fresh or carnation milk instead of thickened cream.
  - Garnishing with Coriander leaves and sliced tomatoes if desired
  - 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:** -

**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