

Product Specification Sheet – Curry Flavours Spice Mix

Title Beef Bhuna Spice Mix

Level Mild



Overview: - Bhuna is a term you commonly find on restaurant menus. It refers to cooking meat with spices with little or no water added. This requires constant stirring to prevent the spices sticking to the bottom of the pan but the resulting dish is rich and intense in flavour from the caramelisation of the onions and the frying of the spices. We've made things easier here by adding a little water but do make sure that all or most of it dries up so there is no loss of flavour

Also, pairs with Chicken, Seafood & Lamb

What you'll need	Diced Beef Onions (Sliced rings)
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Instructions to Prepare

See Quantities as per below table.
<ol style="list-style-type: none"> 1. Add Oil and light fry the beef to seal in the juices and partially cook off. Cover the pan to retain the juices (You can pre-cook the beef pieces in an oven) 2. Add Water, and bring to boil, then 3. Add the sliced onions and spice mix and stir well. Simmer on low heat, stirring constantly. 4. Beef Bhuna is ready to serve

Spice Mix	100grams	1kg
Cooking Oil	100ml	1 Ltr
Water	300ml	3 Ltr's
Diced Beef Pieces	1 Kg	10 Kg
Sliced Onions	200 grams	2 Kg
Spice Mix	100 grams	1 kg
Cook Loss	5%	5%
Total Yield	1.6 Kg	16 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	9348630001112	9348630002119

Hint:- 1. Garnishing with Coriander leaves and Ginger juliennes

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

12 Jusfrute Drive

West Gosford NSW 2250

Email admin@curryflavours.com.au

Website www.curryflavours.com.au

Phone: 1300 2 CURRY (1300 2 28779)

Storage

For Maximum Freshness, Store In A Cool Dry Place