



International Collection is proud to present two new oils to its renowned collection of specialty oils – Indian Hot Wok oil and Indian Mild Curry oil.

Increasing consumer interest in Indian food and phenomenal growth within the Indian food category, led to the development of these two uniquely different oils. Using only natural ingredients, our Indian oils are bursting with traditional Indian herbs and spices, allowing the home chef to create authentic tasting Indian dishes with ease, confidence and convenience.



RECIPE IDEA

Vegetable Biryani

Ingredients

- 10 oz from a choice of cauliflower, potato, carrots, asparagus, broccoli cut into bite size pieces
- 3 tbsps IC Indian Hot Wok oil
- 1 chopped onion
- 1 crushed garlic clove
- 1/2 inch piece minced ginger
- 10 oz Basmati rice
- 1/2 cup thick yogurt
- 1 chopped tomato
- Chopped cilantro leaves
- 1/2 juiced lemon

Method

1. Heat oil in a large wok or pan and stir fry onions until browned.
2. Add veggies, ginger and garlic, stir fry until nicely coated with the oil and spice.
3. Add yogurt, tomato, cilantro leaves and lemon juice. Cook, stirring frequently, until veggies are soft.
4. Wash and drain rice, add to the veggies with 2 1/4 cups of water. Bring to the boil.
5. Simmer for a further 10 minutes and finish with a drizzle of Indian Hot Wok oil for extra heat and flavor before serving.

Indian Hot Wok Oil

So many flavors packed into one bottle – Garlic, Chili, Ginger, Cilantro, Fenugreek and Capsicum Paprika! Adds a bold, pungent flavor to an array of dishes but is particularly suited to recipes that require heat and spice.

- Spice up Biryani dishes by stirfrying meat and vegetables in Hot Wok oil prior to adding to the Basmati rice or simply drizzle over the finished dish before serving.
- Toss with sweet potatoes before roasting for a hot and spicy side dish.
- Combine with samosa or onion bhaji fillings to create flavorful Indian snacks or appetizers.
- Marinate meat or vegetables prior to cooking to add heat and spice.
- Add to homemade curry paste, sauces or dressings for an Indian taste sensation.

Key Facts

- Solvent Extracted
- High in polyunsaturates and low in saturates
- Cholesterol, Carb, Trans Fat and Sodium free

Indian Mild Curry Oil

An aromatic combination of Chili, Ginger and Fenugreek innovatively blended together in one handy bottle. Ideal for adding a subtle, yet distinctive flavor to a variety of Indian style dishes.

Use to add flavor to marinades or sauces or in the creation of Indian relishes and chutneys. Alternatively, splash over cooked rice or vegetables prior to serving.

- Drizzle a little oil over naan breads before cooking to add extra flavor.
- Stir fry Basmati rice with oil, flaked almonds and lemon juice for a simple side dish.
- Use to roast okra, eggplant or vegetables of your choice for a flavorful roasted veggie medley.
- Combine with the juice of a lime, chopped tomatoes and onions for a simple relish served with poppadoms.

Key Facts

- Solvent Extracted
- High in polyunsaturates and low in saturates
- Cholesterol, Carb, Trans Fat and Sodium free

RECIPE IDEA

Chicken and Vegetable Curry

Ingredients

- 3 tbsps IC Indian Mild Curry oil
- 12 oz diced chicken breast, turkey breast or beef
- 1 chopped onion
- 8 oz peeled and diced potatoes or sweet potatoes
- 8 oz sliced carrots
- 1 diced eggplant
- 2 crushed garlic cloves
- 2 finely chopped green chillies
- 3 tbsps medium curry powder
- 1 3/4 oz dried split lentils
- 16 oz can of chopped tomatoes
- 10 fl oz chicken stock
- Salt, pepper, cilantro (optional) and basmati rice to serve

Method

1. Heat the oil in a large wok or frying pan. Add the meat and stir fry until browned.
2. Add the vegetables and curry powder and cook for 2 minutes.
3. Stir in the lentils, chopped tomatoes, stock and seasoning and bring to the boil.
4. Reduce the heat and simmer for 1 hour, stirring occasionally.
5. Serve with a bed of rice and garnish with the cilantro.

✦ Why not try adding some extra flavor to the rice by drizzling with IC Indian Mild Curry oil before serving.



Description	Item UPC	Case UPC	Pack/Size	Gr. Wt.	Item Dimensions (L x W x H)	Case Dimensions (L x W x H)	Case Cube	Cases per Pallet	Shelf Life
Indian Hot Wok Oil	0 72248 29209 7	10 0 72248 29209 4	6/8.45oz	6	2.1 x 1.8 x 7	6.3 x 4.8 x 7.5	0.13	336	24 months
Indian Mild Curry Oil	0 72248 29210 3	10 0 72248 29210 0	6/8.45oz	6	2.1 x 1.8 x 7	6.3 x 4.8 x 7.5	0.13	336	24 months

For more information visit www.internationalcollection.co.uk