



Ingredients to inspire

Curry Onion Sauce
Indian Inspired Seasonings

 SOLINA

essential
cuisine

Our passion. Your creation.





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Introduction

From rich and indulgent, to light and fragrant, India is home to some of the most vibrant flavours and spice-forward applications you will ever taste. The cuisine is as diverse as its geography, with dishes encompassing a wide range of regional specialities, each with their own unique flavours and cooking techniques.

At Solina, bringing a sense of adventure to the kitchen is a passion of ours. We hope that by doing so, we inspire chefs of all levels to cook with flavours from around the world. Our brand-new curry sauce allows you to add on-trend British Indian restaurant favourites to your menu with confidence, in as little as 30 minutes!

A 'curry base' is commonly used by many British Indian restaurants to speed up the process of making curry. Our Curry Onion Sauce is made with naturally sweet, Spanish onions and the perfect blend of spices that can be adapted to your needs. Use as a base or be creative and customise with our brand-new range of versatile Indian Inspired Seasonings (Keralan; Tikka, Rogan Josh, Korma and Jalfrezi).



“ We expect the value of the UK ethnic foodservice market to grow by 20% over the next five years to reach nearly £17 billion by 2027. ”

Mintel, 2023

Looking after tomorrow

Our Curry Onion Sauce cooking vessels are powered by renewable energy from olive pits, the olive pit ashes are re-used as fertiliser and any waste is used as cattle feed.



The info

Curry Onion Sauce

Our Curry Onion Sauce is made with naturally sweet, Spanish onions and the perfect blend of spices that can be adapted to your needs. Perfect for operations with fewer staff, encompassing all culinary skill levels, this product can be simply snipped, tipped and heated through. For a consistent approach, serve as a base, or be creative and customise with our brand-new range of high performing Indian Inspired Seasonings.

Free from declarable allergens*, this base provides the perfect time, labour and energy-saving solution when considering preparation, cooking, and the ordering of multiple ingredients.



Pack size

Available in 3 x 3kg pouches.

Directions for use

Simply snip, tip and heat through. For a consistent approach, serve as a base, or be creative and customise with our brand-new range of high performing Indian Inspired Seasonings.

Ingredients

Onion (69%), Water, Tomato Paste, Salt, Rapeseed Oil, Glucose Syrup, Sugar, Garlic Puree, Cumin, Ginger Puree, Paprika, Yeast Extract, Ground Coriander, Turmeric, Ginger, Ground Fennel, Cinnamon, Lemon Juice Concentrate, Black Pepper, Cardamom, Clove, Bay Leaf.

Allergy advice

This product contains no declarable allergens.*

Nutritional information

Energy (kCal/kJ)	33 / 140
Fat (g)	1.1
of which saturates (g)	0.1
Carbohydrates (g)	3.5
of which sugars (g)	3.3
Fibre (g)	1.8
Protein (g)	1.4
Salt (g)	0.5



Storage instructions

Store in cool, dry, ambient conditions.

Shelf life

Use within 15 months. Once opened, keep refrigerated and consume within 3 days.

Features and benefits

- Superior yield
- Ambient storage
- Consistent quality
- Ready-to-use
- Clean declaration
- Gluten free
- No declarable allergens*
- Counts towards 5-a-day
- Vegan
- Meets DOH 2024 salt targets[^]
- Low fat
- Freeze-thaw suitable

* Does not contain declarable allergens under the EU regulation 1169/2011 (Annex II)

[^] Meets 2024 salt targets set by Public Health England

The info

Indian Inspired Seasonings

Immerse yourself in global culture and cuisine with our brand new range of authentic Indian Inspired Seasonings. Our team have recreated 5 British Indian curry house favourites including; Keralan, Tikka, Rogan Josh, Korma and Jalfrezi Seasonings.

Carefully developed with your customers in mind, these versatile seasonings can not only be added to our Curry Onion Sauce to create the nation's most popular Indian dishes, but in many other stages of the cooking process – think shake, season, rub, marinate!



Pack size

The following seasonings are available in 2 x 650g pots.

Keralan Style Seasoning

Tikka Seasoning

Rogan Josh Seasoning

Korma Seasoning

Jalfrezi Seasoning

Directions for use

These versatile seasonings can not only be added to our Curry Onion Sauce, but in many other stages of the cooking process – think shake, season, rub, marinate.

Ingredient lists and nutritional values

To find complete ingredient lists and nutritional information for each seasoning, visit www.essentialcuisine.com.

Allergy advice

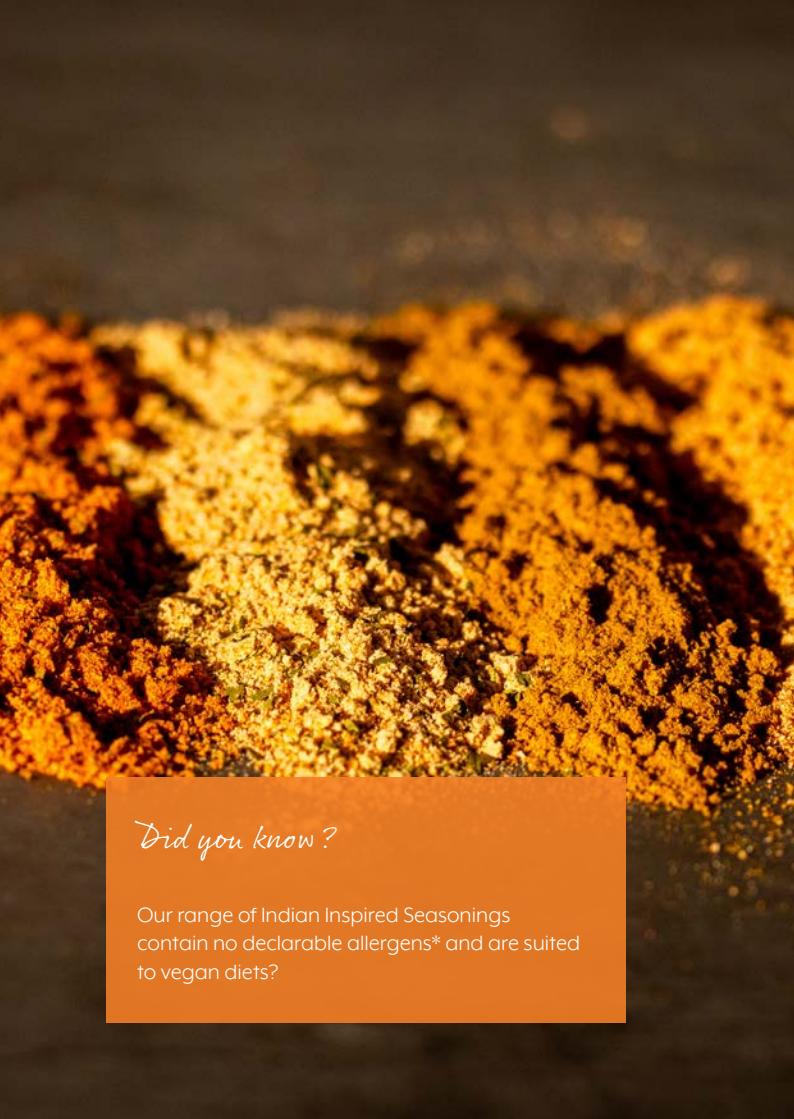
These products contains no declarable allergens.*

Storage instructions

Store in cool, dry, ambient conditions.

Shelf life

Use within 12 months.



Did you know?

Our range of Indian Inspired Seasonings contain no declarable allergens* and are suited to vegan diets?

Features and benefits

- Ready-to-use
- Gluten free
- No declarable allergens*
- Vegan
- Meets DOH 2024 salt targets^
- Ambient storage
- Consistent quality
- Clean declaration
- So versatile; shake, season, rub, marinate!
- 12 month shelf life



* Does not contain declarable allergens under the EU regulation 1169/2011 (Annex II)

^ Meets 2024 salt targets set by Public Health England





Recipes to inspire

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Chefs tip

We have utilised precooked chicken, lamb, and beef in these recipes. Feel free to adapt the recipe to suit your specific needs.



Beef Madras

🕒 PREP 10 MINS ⌚ COOK 15 MINS 🍴 SERVES 10

Ingredients

75ml vegetable oil

5 dried Kashmiri chillies

5 cardamon pods, lightly bruised

75g garlic and ginger purée (50:50)

3 fresh green chillies, chopped

30g ground cumin

10g ground coriander

10g turmeric

**75g Essential Cuisine
Jalfrezi Seasoning**

1.5kg Solina Curry Onion Sauce

1.5kg pre-cooked beef

75g smooth mango chutney

50ml lime juice

10g garam masala

Fresh coriander to garnish

Method

1. Add the vegetable oil to a large saucepan over a medium heat. Add the dried chillies and cardamon pods, fry for 30 seconds. Add the garlic and ginger purée, fresh chillies, cumin, coriander, turmeric and **EC Jalfrezi Seasoning**. Fry for another 30 seconds.
2. Add the **Curry Onion Sauce** and pre-cooked beef. Bring to the boil, then simmer for 10 minutes. Add the mango chutney, lime juice and season to taste.
3. Finish the curry by adding the garam masala, garnish with the coriander and serve.

Chefs tip

We have utilised precooked chicken, lamb, and beef in these recipes. Feel free to adapt the recipe to suit your specific needs.





Cauliflower & Chickpea Korma

🕒 PREP 10 MINS ⌚ COOK 15 MINS 🍴 SERVES 10

Ingredients

75ml vegetable oil	25g sweet paprika
75g garlic and ginger purée (50:50)	1.2kg Solina Curry Onion Sauce
90g sugar	750g pre-cooked cauliflower
75g coconut flour	750g tinned cooked chickpeas
8 green cardamom pods, lightly bruised	300ml coconut milk
75g Essential Cuisine Korma Seasoning	10g garam masala
	Fresh coriander to garnish

Method

1. Add the oil to a large saucepan over a medium heat. Add the garlic and ginger purée, sugar, coconut flour, cardamom pods, **EC Korma Seasoning** and sweet paprika. Fry for 30 seconds.
2. Add the **Curry Onion Sauce**, cooked cauliflower and chickpeas. Bring to the boil, then simmer for 10 minutes then season to taste.
3. To finish the curry, add the coconut milk and garam masala.
4. Garnish with the coriander and serve.

Chefs tip

We have utilised precooked chicken, lamb, and beef in these recipes. Feel free to adapt the recipe to suit your specific needs.





Lamb Rogan Josh

🕒 PREP 10 MINS ⌚ COOK 15 MINS 🍴 SERVES 10

Ingredients

50ml vegetable oil

75g garlic and ginger purée (50:50)

30g sweet smoked paprika

1.5kg pre-cooked lamb

5 tomatoes, quartered

1.5kg Solina Curry Onion Sauce

75g Essential Cuisine Rogan Josh Seasoning

100ml natural yoghurt

15g garam masala

Fresh coriander to garnish

Method

1. In a large saucepan over a medium heat. Add the vegetable oil, when hot add the garlic and ginger purée. Fry for 30 seconds before adding the **EC Rogan Josh Seasoning**, paprika and tomatoes, fry for a further minute.
2. Pour in the **Curry Onion Sauce** and add the cooked lamb. Bring to the boil, then simmer for 10 minutes to reheat the lamb, season to taste.
3. Finish the curry with yoghurt, garam masala, seasoning and garnish with coriander and serve.



Chef's tip

We have utilised precooked chicken, lamb, and beef in these recipes. Feel free to adapt the recipe to suit your specific needs.



Chicken Dopiaza

🕒 PREP 10 MINS ⌚ COOK 20 MINS 🍴 SERVES 10

Ingredients

120ml vegetable oil

200g small onions, peeled, quartered and divided into petals

5 green cardamoms, bashed

10g cumin seeds

10g coriander seeds, roughly chopped

75g garlic and ginger purée (50:50)

1.5kg Solina Curry Onion Sauce

1.5kg pre-cooked chicken

20g mild chilli powder

10g garam masala

Fresh coriander to garnish

Crispy onions to garnish

75g Essential Cuisine Rogan Josh Seasoning

Method

1. Add 50ml of the vegetable oil in a large frying pan over a high heat. Add the onions and fry until they are nicely charred, around 5 minutes. Remove from the pan and set aside.
2. Add the remaining oil to a large saucepan over a medium heat. Add the cardamom, cumin and coriander seeds, fry for around 30 seconds. Add the garlic and ginger purée, frying for a further 30 seconds.
3. Add the **EC Rogan Josh Seasoning** and **Curry Onion Sauce** then bring to the boil. Boiling for 5 minutes rapidly, reduce to a simmer and add the chicken and chilli powder. Simmer for 10 minutes then season to taste.
4. Add the garam masala. Garnish with the coriander, crispy onions and serve.



Chefs tip

We have utilised precooked chicken, lamb, and beef in these recipes. Feel free to adapt the recipe to suit your specific needs.



Chicken Tikka Masala

🕒 PREP 10 MINS ⌚ COOK 15 MINS 🍴 SERVES 10

Ingredients

120ml vegetable oil

75g garlic and ginger purée (50:50)

90g sugar or to taste

75g coconut flour

75g Essential Cuisine

Tikka Seasoning

20g sweet paprika

1.2kg Solina Curry Onion Sauce

1.5kg pre-cooked chicken tikka

300ml double cream

30ml lemon juice

10g garam masala

Fresh coriander to garnish

Method

1. Add the oil to a large saucepan over a medium heat. Add the garlic and ginger purée, sugar, coconut flour, **EC Tikka Seasoning** and sweet paprika. Fry for 30 seconds.
2. Add the **Curry Onion Sauce** and cooked chicken. Bring to the boil, simmer for 10 minutes then season to taste.
3. To finish the curry, add the cream, lemon juice and garam masala.
4. Garnish with the coriander and serve.

Chefs tip

We have utilised precooked chicken, lamb, and beef in these recipes. Feel free to adapt the recipe to suit your specific needs.





Chicken Jalfrezi

🕒 PREP 10 MINS ⏱️ COOK 15 MINS 🍴 SERVES 10

Ingredients

50ml vegetable oil

100g onion, peeled and finely sliced

150g red pepper, de-seeded and finely sliced

75g garlic and ginger purée (50:50)

75g Essential Cuisine Jalfrezi Seasoning

1.5kg Solina Curry Onion Sauce

1.5kg pre-cooked diced chicken

5 tomatoes, quartered

10g garam masala

Fresh coriander to garnish

Chillies, split lengthways to garnish

Method

1. In a large saucepan add the oil over a medium heat.
2. Add the onion, peppers, garlic and ginger purée. Fry for 5 minutes stirring occasionally. Add the **EC Jalfrezi Seasoning**, **Curry Onion Sauce**, cooked chicken and tomatoes.
3. Bring to the boil, simmer for 10 minutes then season to taste.
4. Add the garam masala, seasoning and garnish with the coriander and chillies (split lengthways), then serve.



Chef's tip

We have utilised precooked chicken, lamb, and beef in these recipes. Feel free to adapt the recipe to suit your specific needs.



Chicken Dhansak

🕒 **PREP** 10 MINS ⌚ **COOK** 15 MINS 🍴 **SERVES** 10

Ingredients

75ml vegetable oil

75g garlic and ginger purée (50:50)

10g turmeric

75g Essential Cuisine

Jalfrezi Seasoning

20g chilli powder

1.25kg Solina Curry Onion Sauce

300g cooked red lentils

1.5kg pre-cooked chicken

250ml pineapple juice

75ml lemon juice

Fresh coriander to garnish

Method

1. In a large saucepan add the oil over a medium heat. Add the garlic and ginger purée. Fry for 30 seconds, then add the turmeric, **EC Jalfrezi Seasoning** and chilli powder, fry for another 30 seconds.
2. Add the **Curry Onion Sauce**, cooked lentils, cooked chicken and pineapple juice. Bring to the boil, reduce to a simmer for 10 minutes and season to taste.
3. Finish by adding the lemon juice, garnish with coriander and serve.

We're looking after tomorrow

Sustainability is a key part of our company's business strategy. We make food matter for people and the planet, to be the leading partner constantly rethinking culinary food solutions and products. At Solina, we put sustainability at the heart of our operation in recognition of our role as a key actor in the food value chain.

Our Curry Onion Sauce facilities:

- Cooked and packed in a BRCGS accredited facility that prioritises sustainability, seeking balance between energy efficiency, social demands and the environment
- Cooking vessels are powered by renewable energy from olive pits
- Olive pit ashes re-used as fertiliser
- Production waste is used as cattle feed
- Excess water created during production is purified and re-used

To find out more about our sustainability journey, visit:

www.solina.com/who-we-are/our-ambitions-to-2030/



All the ingredients matter

We've got your back

Our support goes further than our extensive product range. From recipe inspiration to interactive demonstrations, our team are proud to offer first-hand knowledge and experience for your working kitchen in a number of ways:

- Application inspiration that encourages your creativity
- Product demonstrations at your fingertips
- Seasonal recipe inspiration and menu planning
- Allergen information and support

Get in touch

We'd love to show you how our chef-led approach can help take your menu to the next level!

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