



GARAM MASALA

(BKA)

Description: Garam masala is a classical spice blend from the Indian subcontinent. Masala blends differ from region to region and even between individuals. Our garam masala blend includes the typical ground spices found in this mixture, coriander, cumin, cinnamon, black pepper, and cloves.

Physical Properties

Appearance Light to dark yellowish brown.

Organoleptic Properties

Flavor Spicy, pungent flavor.

Packaging, Labeling, Storage

Packaging Plastic jar, bag in box or to customer specification.

Receiving Conditions Product should be shipped and handled in a sanitary manner.

Storage Conditions Store in a dry, cool place.

Shelf Life 36 months (under optimum storage conditions).

Other

Gluten Status This product (and if applicable its ingredients) by nature does not contain the gluten proteins found in wheat, rye or barley. This product has not been tested to verify gluten levels less than 20 ppm.

Natural Status This product is a 100% pure, natural substance. It does not contain any artificial, synthetic or natural identical additives.

BE Status This product does not contain bioengineered ingredients.

Vegan Status This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.

Halal Status This product does not contain alcohol, natural L-cysteine extracted from hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid.

SDS Waiver To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination.

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"Q #1: Does the item above contain any of the following allergens or their derivatives?"		"Q #2: Is the item above produced on equipment that comes in contact with any of the following allergens?"		"Q #3: Is the item above produced in a facility that uses or processes these allergens?"		ALLERGENS
YES	NO	YES	NO	YES	NO	
	X	X		X		MILK
	X	X		X		EGGS
	X	X		X		SOYBEANS
	X	X		X		WHEAT
	X		X		X	PEANUTS
	X	X		X		TREE NUTS
	X		X		X	FISH
	X		X		X	CRUSTACEAN SHELLFISH
	X	X		X		SESAME
	X	X		X		MUSTARD
	X	X		X		ADDED SULFITES

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.



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Ingredient Statement

Spices, Turmeric, Canola Oil.

Product Certifications

Certified Kosher Parve

Nutritional Analysis

Serving Size	100.00	g
Calories	322.25	
Total Fat	14.84	g
Saturated Fat	1.52	g
Trans. Fat	0.01	g
Cholesterol	0.00	mg
Sodium	73.68	mg
Total Carbohydrates	57.09	g
Dietary Fiber	27.83	g
Sugars	1.25	g
Protein	11.98	g
Vitamin A	534.48	IU
Vitamin C	13.52	mg
Calcium	682.24	mg
Iron	34.41	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	1,325.92	mg



GARAM MASALA

NON
GMO

GLUTEN
FREE

STORE IN A DRY, COOL PLACE.

Garam Masala is a traditional North Indian blend of hot and savory spices. We mix a blend of our premium ground spices including coriander, cumin, cinnamon and cloves to add rich, warming flavor to curries and stews.

- Spicy, pungent flavor
- Light to dark yellowish brown
- Ground to fine powder

Nutrition Facts

servings per container	
Serving size about 1/4 tsp (.5g)	
Amount per serving	
Calories	0
	% Daily Value*
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 0 g	
Vitamin D 0.0 mcg	0%
Calcium 3.4 mg	0%
Iron 0.2 mg	0%
Potassium 6.6 mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

Spices, Turmeric, Canola Oil.

BASIC PREP

Ready to use. Add as needed.

SUGGESTED USES

- Use to make curries and dishes such as chicken tikka masala
- Mix with melted butter or yogurt as a rub or marinade for meat prior to braising, broiling or grilling
- Add to sour cream or yogurt for dipping sauce

RECIPE

Butter Chicken

- 1 1/2 cups full-fat Greek yogurt
- 2 tablespoons lemon juice
- 3 tablespoons Garam Masala
- 3 pounds skinless chicken thighs
- 1/4 pound unsalted butter
- 2 medium-size yellow onions, chopped
- 4 cloves garlic, minced
- 3 tablespoons ginger powder
- 1 tablespoon cumin seeds
- 2 medium-size tomatoes, diced
- 1 jalapeño pepper, seeded and diced
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 2/3 cup chicken stock
- 1 cup cream
- 1 1/2 teaspoons tomato paste

Whisk together the yogurt, lemon juice and Garam Masala in a large bowl. Put the chicken in, and coat with the marinade. Cover, and refrigerate for 12 hours.

In a large pan over medium heat, melt the butter in the oil until it starts to foam. Add the onions and cook, stirring frequently for 5 minutes. Add the garlic, ginger and cumin seeds, and cook until the onions start to brown.

Add the tomatoes, jalapeños and salt, and cook until the jalapeños are soft, about 10 minutes.

Add the chicken and marinade to the pan and cook for 5 minutes, then add the chicken stock. Bring the mixture to a simmer and cook for approximately 30 minutes.

Stir in the cream and tomato paste, and simmer until the chicken is cooked through, approximately 10 to 15 minutes.

Serves 4

Butter chicken is a very common dish in India with only slight variations. Garam Masala is invariably in all of them. This dish is a great example of the flavor profile of Garam Masala, as the spice is balanced with cream and tomatoes and has few other competing flavors. Enjoy this one pot meal with friends and family and experience the exotic complexity of Garam Masala.



OliveNation LLC

13 Robbie Road, Suite A4, Avon, MA 02322

www.OliveNation.com / 617-580-3667

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THIS PRODUCT ORIGINATES FROM UNITED STATES