

# RED ARROW INTERNATIONAL Culinary Creations

## Grillin' CB-200 SF™

### Flavor Description:

An oil-based, GMO free grill flavor, having an overall mild, well-balanced grill profile. This flavor lacks the harsh butane notes.



## Tandoori Chicken

Yield: 2294 gm. of chicken    Serving: 12 portions-239 gm. each

### FORMULA: \*

<b>Ingredients:</b>	<b>Oz.</b>	<b>Lbs.</b>	<b>Grams</b>	<b>% weight</b>
<b>Grillin' CB-200 SF</b>	<b>0.12</b>	<b>0.01</b>	<b>3.5</b>	<b>0.12%</b>
Cayenne pepper, ground	0.15	0.0	4.2	0.15%
Paprika	0.41	0.0	11.7	0.41%
Onion powder	0.21	0.0	5.9	0.20%
Garlic powder	0.21	0.0	5.9	0.21%
Ginger, ground	0.21	0.0	5.9	0.21%
Coriander, ground	0.21	0.0	5.9	0.21%
Cumin, ground	0.21	0.0	5.9	0.21%
Tumeric	0.21	0.0	5.9	0.21%
Fenugreek	0.21	0.0	5.9	0.21%
Olive oil	0.99	0.1	28.0	0.98%
Lemon juice	0.99	0.1	28.0	0.98%
Lime juice	0.99	0.1	28.0	0.98%
Sour cream	3.95	0.2	112.0	3.91%
Tamarind paste	0.99	0.1	28.0	0.98%
Kosher salt	0.03	0.0	0.9	0.03%
Water	10.16	0.6	287.9	10.04%
Chicken breast; boneless, skinless	80.90	5.1	2293.6	80.00%
<b>Total</b>	<b>101.13</b>	<b>6.3</b>	<b>2867.0</b>	<b>100.00%</b>
<b>Mango BBQ Sauce - Yield: 1259 gm.    Serving: 22 portions-57 gm. Each</b>				
<b>Grillin' CB-200 SF</b>	<b>0.01</b>	<b>0.0</b>	<b>0.3</b>	<b>0.02%</b>
Mango; peeled, sliced or cubed	10.58	0.7	300.0	23.83%
Vegetable oil	0.53	0.0	15.0	1.19%
Yellow onions; peeled, sliced	1.76	0.1	50.0	3.97%
Garlic; peeled, minced	0.18	0.0	5.0	0.40%
Tomato paste	1.94	0.1	55.0	4.37%
Brown sugar	4.59	0.3	130.0	10.33%
Rice wine vinegar	1.59	0.1	45.0	3.57%
Chili powder	0.05	0.0	1.5	0.12%
Black pepper, ground	0.02	0.0	0.5	0.04%
Kosher salt	0.23	0.0	6.5	0.52%
Water	22.93	1.4	650.0	51.64%
<b>Total</b>	<b>44.40</b>	<b>2.8</b>	<b>1258.8</b>	<b>100.00%</b>

## **Method of Preparation:**

### **Marinade:**

1. Mix **Grillin' CB-200 SF** and all remaining ingredients in a small bowl and set aside.
2. Clean chicken breast of all connective tissue and fat.
3. Lightly oil the chicken and sprinkle with kosher salt.
4. Place chicken in the marinade and evenly coat all sides. Refrigerate for 30 minutes.
5. Heat a small sauté pan over high heat. When cooking surface is hot and almost to the smoke point, add a small amount of oil to the pan.
6. Add the chicken, and sear 1-minute on each side.
7. Remove from pan and place in a 232°C oven and roast for 11 minutes or until chicken reaches 71°C.
8. Remove from oven and cool.

### **Mango Barbecue Sauce:**

1. Heat a small saucepot.
2. Add oil, onions and garlic. Sauté for 7 minutes or until translucent.
3. Add **Grillin' CB-200 SF** and remaining ingredients.
4. Heat to a boil. Turn heat down and simmer for 20 minutes.
5. Remove from heat and puree in a blender until smooth.
6. Place finished sauce in the refrigerator for a minimum of one hour before use.

### **Serving suggestion:**

Serve with rice, mango barbecue sauce, and chopped green onion.

## **Research Chef Evaluation of Grillin' CB-200 SF:**

This marinade containing **Grillin' CB-200 SF** adds a soft grilled note to this traditional Indian curry. This flavor aids in mimicking the flavors achieved by cooking the chicken in a traditional clay tandoori oven. The mango barbecue sauce, which also contains **Grillin' CB-200 SF**, adds a fusion element with its tropical flair and brilliant orange color.

\* Developed by Red Arrow Culinary Specialists