

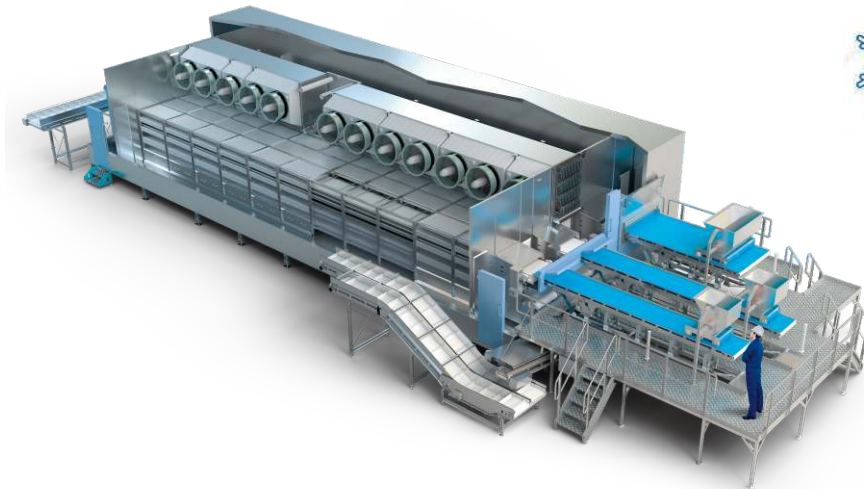


**AMORA**<sup>TM</sup>

## FROZEN FRUITS & VEGETABLES (IQF)



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IQF stands for Individual Quick Freezing, and it's a technology used in the food industry to freeze food products quickly and individually. This method of freezing is designed to preserve the quality, texture, and flavor of the food while preventing the formation of large ice crystals that can damage cell structures and compromise the product's integrity.

IQF technology is commonly used for a wide range of food products, including fruits, vegetables, seafood, meat, poultry, and even some bakery items.

Here's how IQF technology works:

1. **Individual Freezing:** IQF technology involves freezing each piece of food individually rather than in a solid block. This is typically done using a conveyor belt or a fluidized bed system where the food items move individually. Each item is exposed to extremely cold air or a cryogenic freezing agent, like liquid nitrogen, which rapidly freezes the product.
2. **Quick Freezing:** The freezing process is very rapid, usually within a few minutes. This quick freezing helps to lock in the natural flavors, colors, and nutritional value of the food, as it prevents the formation of large ice crystals.
3. **Prevents Clumping:** The individual freezing process ensures that the food items do not stick together or form a solid block. This makes it easy to handle and portion out the frozen food.
4. **High Quality:** IQF technology is known for preserving the sensory qualities of food products. When these frozen items are thawed and prepared, they often closely resemble fresh food in terms of taste, texture, and appearance.
5. **Versatility:** IQF technology is used for a wide variety of food products, from frozen fruits and vegetables for the retail market to more complex items like seafood and prepared meals for food service or catering.
6. **Convenience:** IQF products are convenient for both consumers and the food industry. They can be used in a wide range of applications, such as ready-to-eat meals, smoothies, and other food products, offering convenience and ease of use.

## FROZEN FRUITS & VEG. (IQF)

### Frozen Red Onion

Ready to use, Indian Red & White onions from Maharashtra. Perfect pungency, aroma, and right balance of sweetness and sharpness. Can be used directly in soups, for sautéing, in curries and gravy.

**Presentation: Available in 6 mm Slices and 10 x 10 mm dices**



### Frozen White Onion

Natural white colour and pungent. Even sized slices, without damage or breakage. It has natural crispiness and typical sharp flavour. Due to its taste it is widely recommended for meat gravy preparations.

**Presentation: Available in 3 mm Slices and 10 x 10 mm, 6 x 6 mm dices**

### Frozen Peeled Garlic

Highly potent, and bursting with flavor, our IQF Whole Garlic cloves can be used in Italian, Indian, Asian and Continental cuisines. Garlic can be used in medicines too.

**Presentation: Available in 10 to 15 mm cloves**



### Frozen Ginger

Indian Ginger is a popular ingredient in cooking, especially in Asian and Indian cuisine. It has also been used for thousands of years for medicinal purposes. Possible health benefits.

**Presentation: Available in 10 mm diced**

## Frozen Tomato

Ripened tangy red tomatoes are best used in all types of cooking. Tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits.

**Presentation: Available in 10 mm & 20 mm diced**



## Frozen Bitter Gourd

Locally cultivated bitter melon, has the taste of soil with high nutritive value. It is de-seeded and cut into slices. Ideal for all culinary and catering uses.

**Presentation: Available in Peeled and Unpeeled sliced**

## Frozen Ladyfinger

Tender, Green & Fresh Okra. Our IQF Okra can be used directly for stir fry, in dry curries, for grilling, in creoles and pickles.

**Presentation: Available in 10 x 10 mm slices**



## Frozen Cauliflower

Plump, crisp, white and full of flavor. Can be used directly in Continental, Middle Eastern, Asian and Indian cuisines.

**Presentation: Available in 25 mm to 80 mm florets**

## FROZEN FRUITS & VEG. (IQF)

### Frozen White Pumpkin

It belongs to the gourd family- Cucurbitaceae and is a running or climbing vine. The fruit is harvested young and used as a vegetable. It has a light green smooth skin and a white inner flesh. It also known by many other names, including long melon, New Guinea bean and Tasmania bean etc. which can be harvested young to be consumed as a vegetable.

**Presentation: Available in 20 mm diced**



### Frozen Red Pumpkin

Farm fresh pumpkins are procured at harvest, peeled and cut into dices and frozen fresh. Rich in natural sugars and nutrients, IQF Pumpkin Dices can be used in Sambar, Avial, Curries and in Pies and Tarts, just like fresh pumpkin.

**Presentation: Available in 20 x 20 mm dices**

### Elephant Foot Yam (Suran)

Elephant foot yam becomes ready in about 8-9 months time after planting. The crops attains maturity when total senescence take place. It has a delicious tuber root that is full of nutrition and carries multiple medicinal benefits for the prevention and cure... It is also known as Suran, Elephant foot yam.

**Presentation: Available in 35-40 mm diced**



### Frozen Eggplant

Eggplant is a popular vegetable and a good source of antioxidants. It has a unique taste and texture making it an ideal ingredient in a variety of dishes. Whether you plan to bake, broil or grill this fruit, you'll receive a ton of nutrients and health benefits.

**Presentation: available in 35-40 mm diced**

## Frozen Ivy Gourd (Tendli)

Hand Harvested, cleaned, blanched and IQF, Ivy Gourd is known for the best recipes.

**Presentation: Available in: 3 mm round and long slice**



## Frozen Carrot

Carrot is one of the important crops of the world. Sweet taste and high nutrition value includes Beta carotene, Vitamins and fiber content. Diced carrots are must for all kitchens and chefs.

**Presentation: Available in 10 x 10 mm, 20 x 20 mm dices**

## Frozen Beetroot

Dark Purple colour of Beetroot explains about its excellent source of Folate and Manganese in it. Directly procured from the farms, cleaned, diced, blanched and processed. Beetroot is an essential ingredient for salads, soups, pickle & juices.

**Presentation: Available in 10 x 10, 20 x 20 mm dices**



## Frozen Indian Green Chilli

The SHU count of green chilli gives fantastic taste to the end product. Procured and processed during the peak season and served round the year makes the taste consistent and familiar for the end user.

**Presentation: Available in 4-6 inches long without stalk**

## FROZEN FRUITS & VEG. (IQF)

### Frozen Drumstick

Drumstick like other green vegetables, is loaded with a number of nutrients with both Medicinal/Health benefits. Drumstick is rich in fibre, lipids, carbohydrates, protein and ash.

**Presentation: Available in 10 mm & 20 mm diced**



### Frozen Spinach

Best quality, farm fresh, crisp, green and cleaned Spinach leaves are IQF frozen. Our Spinach leaves can be used just like fresh spinach in soups, purees, as pizza toppings, in salads and sides.

**Presentation: Available in 30 to 50 mm whole leaves**

### Frozen Green Peas

A quick growing, sweet and starchy green little balls called peas can do wonder if you include them in your meals. It is an outstanding food that contains high levels of protein and fibre. These peas are best green and clean selected and IQF packed in a way that is very easy to store.

**Presentation: Available in 8- 12 mm**



### Cut Beans

Young, tender green beans are a good source of vitamin C, dietary fiber, folate, vitamin K and silicon. These fresh legumes couldn't be more versatile in the kitchen. Use them to add crunch and color to salads, stir-fries, pastas, casseroles, and so much more.

**Presentation: Available in 20 mm cut**

## Mix Vegetables

Our exports premium quality frozen IQF vegetables are mixed in an appropriate ratio under hygienic condition and packing as per the requirements of customer. The IQF Products are put through a sieve, inspected, packed and fed through a metal detector and transferred to cold store.

**Presentation: Available in 3 way mixing (Carrot, Green beans & Green peas) & 4-way mixing (Carrot, Green beans, Green peas & Cauliflower/Sweet corn)**



## Frozen Spring Onion

Delicate, pungent and crisp Spring Onions are cleaned, cut into dices and IQF frozen. The dices are evenly separate in the pack. It is used in Asian and Chinese cuisines directly from the pack to the wok.

**Presentation: Available in 10 x 10 mm dices**

## Frozen Coriander Leaves

Fragrant, firm and crisp Coriander leaves sourced fresh, cleaned and frozen. IQF technology ensures that the Coriander leaves are separate in the pack and there are no lumps. Can be used in Salads, Chutneys, for flavoring and garnishing.

**Presentation: Available in Whole Leaves without stalks**



## Frozen Mango

Ripe, sweet, fleshy and juicy; only the best quality Indian Mangoes are chosen and frozen at peak harvest.

**Presentation: Available in Slices and 10 x 10 mm / 20 x 20 mm dices.**

We are a



ISO 9000 & ISO 22000 Certified company



### INSTRUCTIONS

Keep forzan at -18°C

Cook within 5 minutes of removing from freezer.

**DO NOT THAW.**

Use directly from pack into recipe. **COOK LIKE FRESH**



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