Tropical HEAT®

PRODUCT CATALOGUE

www.tropicalheat.co.ke

sales@tropicalheat.co.ke

TROPICAL HEAT FACTS

- ✓ Established in 1973
- ✓ Major categories: Snacks & Spices
- ✓ ISO 22000 certified
- ✓ Global presence

OUR VALUES

HARD WORK & HONESTY
ENERGY & PASSION
ATTENTION TO DETAIL
TEAM SPIRIT

Tropical HEAT®

DID YOU KNOW...?

- All our spices are pure and natural, containing no artificial colours, preservatives or additives.
- We source every single spice from the region it is best grown, from all over the world!
- Our products are Halal certified.
- We have a total focus on quality and continuous improvement.
- Tropical Heat products are suitable for vegetarians.
- We are HACCP & ISO 22000 certified.

SNACKS

WAVES CRISPS

Available in:
30g & 125g

Thick, crunchy, wavy crisps, packed with flavour!

BENEFITS: Gluten free • Fried in healthy corn oil • Suitable for vegetarians

POTATO CRISPS

Available in:
25g, 50g, 100g, 200g & 400g

Thin & crispy Potato Crisps, flavoured to perfection in order to satisfy your taste buds!

BENEFITS:
Gluten free • Suitable for vegetarians

MASALA CRISPS

Available in:
70g & 200g

Crispy Potato Sticks seasoned with a spicy Masala mix.

BENEFITS:
Gluten free • Suitable for vegetarians

SAFARI PUFFS

Available in: 20g & 100g

PAW shaped Puffs packed in exciting animal design packs!

BENEFITS: Baked, Not Fried! • Gluten free • Transfat free

CHOOZE PUFFS

Available in: 20g & 100g

Corn Puffs treats - Your perfect value snack pack!

BENEFITS: Baked, Not Fried! • Gluten free • Transfat free

CHEVDA

A savoury snack-mix processed primarily from Kenyan potatoes which are reputed to be the sweetest in the world.

BENEFITS: Gluten free • Fried in healthy corn oil • Suitable for vegetarians

Available in: 50g,150g & 340g

Available in: 50g & 340g

Available in: 340g

Available in: 340g

Available in: 340g

RICE CAKES

Available in: 100g

These light and crispy rice cakes can be used either as a snack, on their own or with any of your favourite sweet or savoury toppings to satisfy any craving.

BENEFITS: Only 22 calories per rice cake • Gluten free • Transfat & cholesterol free • Low in sodium • No artificial additives, preservatives or colours • Made in Kenya using local Pishori rice.

FLAVOURED RICE CAKES

Available in: 155g & 165g

Flavoured Rice Cakes with an exciting range of flavours, which can be snacked on, at any time of the day.

BENEFITS: Less than 50 calories per rice cake • Gluten free • Transfat & cholesterol free • Made in Kenya using local Pishori rice.

CHOCOLATE RICE CAKES

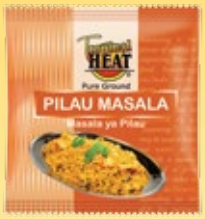
Available in: 30g &150g

Treat yourself to the health benefits of rice cakes, topped with indulgent milk chocolate!

BENEFITS: Gluten free • Less than 100 calories per rice cake • Transfat free

HERBS & SPICES

Sample packs of various net weights:



10g sachet

50g jar

100g jar

CURRY POWDER & MASALAS

Available in: 100g

Use in vegetables, meat and poultry dishes. It thickens soup and makes it more appetising.

Available in: 100g

Use in beef and other meat stews and curries.

Available in: 100g

Add to chicken curries and stews.

Available in: 10g, 50g, 100g

Use in preparing traditional pilau, chicken biriani, coconut rice and other rice dishes.

Available in: 100g

Use to make traditional Kenyan Githeri.

Available in: 100g

Use in fish stews and fish curry.

Available in: 10g, 45g, 100g

Adds warmth and aroma to tea.

SEASONINGS

Available in: 50g, 100g

Use in seasoning curries, casseroles, garnishing pasta dishes, barbecued meat dishes, vegetables and most Indian dishes. It's also used in cakes, especially fruit cakes, buns, biscuits and cookies.

Available in: 50g

Sprinkle liberally on all types of salads.

Available in: 50g, 100g

Use in meat and vegetable curries, lentils, savoury rice and garnishing cream soup. It also makes a good flavouring for spiced bean or lentil soup.

Available in: 50g, 100g

Use to thicken vegetable soups, garnish egg and cheese dishes, in soups, salads, lettuce, dressings and to make pickles.

PURE SPICES

Available in: 50g, 100g

Chilies contain antioxidants, including vitamin C and carotenoids, which might also help improve insulin regulation.

Use in meat and vegetable dishes, seasoning curries, casseroles, garnishing pasta dishes, cream soups, omelettes, barbecued meat dishes, seasoning blends, cheese dishes, salad dressings and for most Indian dishes.

Available in: 50g, 100g

It is a rich source of manganese, iron, potassium, vitamin-C, vitamin K, and dietary fibre. It is also a very good anti-inflammatory agent.

Use in beef, fish, poultry dishes, creamy soups, white sauce, cheese dishes and salad dressings. Also serve as a light seasoning on fresh fruits.

Available in: 50g, 100g

Relieves pain, soothes indigestion, detoxifies the body, boosts skin health and reduces insomnia.

Use in pork, beef, lamb, chicken, fish, creamed dishes, beans, sauces, apple dishes, pies, puddings, egg dishes, custards, cookies, pound cake, spice cake and devil's food cake. It combines well with cheese and is cooked with soufflés. In soups, it's good with tomatoes, split pea, chicken or black beans. It complements vegetables like cabbage, spinach, broccoli and eggplant.

Available in: 50g, 100g

A source of vitamins A, E, B6 and Iron.

Use as a garnish on dishes including casseroles, dips, salads, omelettes, potatoes and cream soups. Use to flavour soups, egg dishes, stews, chicken, coleslaw, tomato and meat sauces, stuffing, vegetables and rice dishes.

Available in: 50g, 100g

It can lower blood sugar levels and reduce heart disease risk factors.

Use in pickling, stews, hot chocolate, coffee, milk shakes, mulled wine, pastries and baked foods, toast, chocolate fudge, sweet potatoes, stuffing, meat dishes and soups.

Available in: 50g, 100g

It contains manganese, vitamin B6, vitamin C, selenium and fibre. It also contains decent amounts of calcium, copper, potassium, phosphorus, iron and vitamin B1.

Use in flavouring eggs, soups, sauces, butter, gravies, salads, salad dressing, meat, cheese dishes, coleslaw, stews, pasta, marinades, bread, rice and vegetables.

Available in: 50g, 100g

It has powerful anti-inflammatory effects and is a very strong antioxidant.

Use in curries, rice dishes, cream sauces, bread, soups, fish dishes, pickles, vegetable and lentil dishes. It imparts a warm flavour and yellow/orange colour to food.

Available in: 50g, 100g

Ability to stimulate circulation and eliminate acidity. It also restores the circulatory system by opening the capillaries and regulating blood sugar; it also helps the digestive system that moves bacteria and toxins out of the body.

Use to season egg dishes, hot sauces, spiced oils, vinegars and savoury biscuits. It's a favourite addition to many staples such as rice, corn, beans and soup. Cayenne goes well with other spices including cilantro, cinnamon, black pepper, fennel and cumin. Use alone or in combination with other spices to perk up a dish.

Available in: 50g, 100g

Known for its antioxidant, antiseptic, local anesthetic, anti-inflammatory and anti-flatulent properties.

Use in flavouring rice dishes, cooking liquids for simmering fish, poultry, game and beef, in classic sauces and for baked dishes such as cakes, biscuits, ginger breads and puddings.

Available in: 10g, 45g, 100g

It is used to help digestion, reduce nausea and help fight the flu and common cold.

Use in tea and coffee, sauces, appetisers, mulled wine, ginger bread, biscuits, milk puddings, desserts, meat marinades, brandy snaps, curries and flavouring of fish, seafood, poultry, beef, venison, veal and noodle dishes. Add ginger to homemade jams and pickles, ginger lemonade or ginger ale. Sprinkle over apple or rhubarb crumble.

Available in: 50g, 100g

Aids in digestion, improves immunity and treats insomnia, respiratory disorders, asthma, bronchitis, common cold, lactation, anaemia and skin disorders.

Use in cheese dishes, rice, eggs, hamburgers, meat dishes, soups, stews, sauces, salad dressings, potatoes, lentils, cabbage, cookies and bread.

Available in: 75g

Chilies contain antioxidants, including vitamin C and carotenoids, which might also help improve insulin regulation.

Sprinkle on savoury food, such as curries, stews, creamy sauces, pastas, pizza, tomato dishes and salads.

Available in: 50g, 100g

Displays antioxidant properties and contains dietary fibre that promotes the healthy functioning of the liver and aids digestion.

Use in pastries for frying and baking, sauces, meat dishes, lentils, soups, stews, stuffing, beans, peas and other vegetables.

Available in: 50g, 100g

Use it to combat nausea, acidity, bloating, gas, heartburn, loss of appetite and constipation.

Use in cakes, sweet breads, fruit salads, curry, fruit pies, cookies, pickles, ginger bread, custards, puddings, sweet potatoes, barbecue sauce, rice puddings, curries, stews, cardamom-flavoured coffee and tea.

Available in: 50g, 100g

It helps in digestion and may help with weight loss.

Use in meat and vegetable dishes, cream soups, omelettes, cheese dishes and for salad dressings. It is also used as a seasoning (table condiment).

SPICE GRINDERS

Available in: 100ml

Use as a table condiment for freshly ground black pepper.

Available in: 100ml

Use as a table condiment.

Available in: 100ml

Use to spice up any dish, including pizzas, sauces, soups and stews.

Available in: 100ml

Grind over soups, stews and salads.

Available in: 100ml

Grind over food for a fresh, peppery taste.

It can also be used as a light seasoning on fresh fruits.

SALTS

Available in : 50g, 100g

Use in preparing porridge, vegetables, meat curries, salad dressing and marinades. It is particularly good with duck, chicken and rabbit stews.

Available in : 50g, 100g

Use to make meat, such as beef, game and poultry, tender. Rub well into meat after piercing with a fork and set aside for 30 minutes before cooking.

HERBS

Available in: 5g

Known for its ability to detoxify the body, slow the aging process, speed wound healing, protect the body from bacterial infections, manage diabetes, improve heart health, reduce inflammation, alleviate respiratory issues and optimise digestion.

Use in soups, chowders, sauces, marinades, fish and shellfish dishes, pickling, tomato juice, custard sauce, French dressing, cooking vegetables, pot roast, stews and a variety of meats.

Available in: 10g

It increases the efficiency of digestion by increasing digestive enzymes and saliva; it also calms the stomach and digestive system.

Use in savoury dishes such as lamb, pork, beef, chicken, fish, vegetable dishes, tomato dishes and sauces, spaghetti sauce, pizza, pasta, stuffing, egg dishes, bread, green salads and vegetable soup.

Available in: 15g

An excellent source of vitamin K and vitamin C as well as a good source of vitamin A, folate and iron.

Use as a garnish and to flavour soups, stews, egg dishes, vegetables, salads, coleslaw, breads, herb sauces, herb butters, tomato and meat sauces, stuffing, fish, meat, poultry, cheese dishes, mixed with ricotta or cottage cheese.

Available in: 20g

Use in pasta, pizza, Italian dishes and as a garnish in soups, stews and egg dishes.

Available in: 20g

Mint is a great appetizer and palate cleanser, and it promotes digestion. It also soothes stomachs in cases of indigestion or inflammation. When you feel sick in your stomach, drinking a cup of mint tea can give you relief.

Use in sauces for desserts and for lamb, fruit soup, split pea soup, lamb stew and roast, fish, poultry, sweet dishes, vegetables, mint jelly, syrups, fruit compotes, devil's food cake, lemon based desserts such as tart and mousse, frosting, ice cream, sherbet, herbal teas and mint tea.

Available in: 20g

Used to treat respiratory tract disorders, gastrointestinal disorders, menstrual cramps, and urinary tract disorders. The herb is also applied topically to help treat a number of skin conditions, such as acne and dandruff.

Use in savoury dishes such as lamb, pork, beef, chicken, fish, vegetable dishes, soups,tomato dishes and sauces, pasta, spaghetti, pizza, stuffing, egg dishes, bread and green salads.

Available in: 20g

Contains disease-fighting antioxidants, acts as an anti-inflammatory and has antibacterial properties

Use as a companion herb with parsley, rosemary, oregano, sage, thyme and saffron. It is a staple ingredient in spaghetti sauce and on pizza. Basil is popular with fish, mushroom dishes, soups, stews, meat loaf, lobster, shrimp, veal, lamb, salad dressing, eggplant, potatoes, carrots, spinach, peas, chicken, eggs and rice dishes.

Available in: 20g

A good source of iron, calcium, and vitamin B6. Also, traditionally used to help alleviate muscle pain, improve memory, boost the immune and circulatory system, and promote hair growth.

Use in lamb dishes, liver paté, soups, stews, marinades, poached fish, seafood, in the preparation of various meats (veal, beef, pork, wild fowl and venison), tomato sauce, pizza, potatoes, cauliflower, spinach, mushrooms, turnip, fruits, fruit juices, apple jelly and breads.

Available in: 15g

Used for digestive problems, including loss of appetite, gas (flatulence), stomach pain (gastritis), diarrhea, bloating, and heartburn. It is also used for reducing overproduction of perspiration and saliva; and for depression and memory loss.

Use for stuffing in poultry, fish, game and other meats, sausage, soups, chowders, waffles, biscuits, lima beans, onions, eggplant, tomatoes, cheese, sauces, marinades, potatoes, salads, salad dressings and tea.

Available in: 20g

Source of vitamins A and C. Commonly taken by mouth for bronchitis, whooping cough, sore throat, colic, arthritis, upset stomach, stomach pain (gastritis), diarrhea, bedwetting, intestinal gas (flatulence), parasitic worm infections and skin disorders.

Use in beef, poultry, fish, stuffing, vegetables, seafood, rice, casseroles, stews, soups, tomato sauces, breads and clam chowder. Sprinkle generously on a steak while cooking in butter for a wonderful flavour. It is also added in ground beef for burgers.

Tropical Heat Ltd
P.O. Box 44804-00100 Nairobi, Kenya
Tel: +254 728206010, 0735639799, 0782639799, 0734639799, 0719637744
www.tropicalheat.co.ke | sales@tropicalheat.co.ke | ccare@tropicalheat.co.ke | Tropical Heat