Amarula is a rare find. Appreciate accordingly.
Under the warm African sun ripens a reward so irresistible that Africa’s majestic elephants travel great distances to savour and share in its indulgent taste.

It’s this golden marula fruit that gives Amarula such a unique and delicious taste. Twice-distilled, matured in oak for two years and blended with other special ingredients including cream, Amarula is the perfect way to savour the slow passing of time.

Enjoy it at its purest, over ice, or as a special ingredient in a range of tantalising coffees, cocktails and food recipes, all of which can be downloaded here.

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AMARULA COFFEES

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Amarula is a rare find. Appreciate accordingly.
Savour Amarula’s silky texture and exotic flavours blended with rich coffee and turn an ordinary drink into indulgent perfection.

COFFEES

1. Elephant Tusk
2. Amarula Coffee Surprise
3. Afro-Wild Coffee
4. African Mocha
5. A Shot of Africa
6. Vodka Espresso
7. Amarula Coffee
8. Beautiful People
9. Dark Continent

Download this section
**Elephant Tusk**

*Ingredients:*
- 50 ml espresso
- 25 ml Amarula
- 150 ml warm milk

*Method:*
Froth milk and Amarula together.
Pour espresso into a cup and top with milk mixture.

---

**Amarula Coffee Surprise**

*Ingredients:*
- 4 cups strong filter coffee
- 50 ml whipped cream
- 60 ml Amarula
- 8 marshmallows
- 20 ml brown sugar
- 20 ml hot chocolate or cocoa powder

*Method:*
Pour the coffee into large coffee mugs. Pour the Amarula in each coffee, followed by the whipped cream, brown sugar and marshmallows. Sprinkle with hot chocolate powder and extra Amarula.
Afro-Wild Coffee

Ingredients:
100 ml espresso
50 ml hot water
10 ml Amarula infused cream
chocolate flakes or a coffee bean

Method:
Pour the espresso into a martini glass. Add the hot water. Carefully layer the cream on top. Garnish with chocolate flakes and a coffee bean.

African Mocha

Ingredients:
50 ml melted chocolate
25 ml Amarula
50 ml espresso

Method:
Melt chocolate with 5 ml Amarula. Add espresso. Add frothed Amarula. Pour into a glass and top with a coffee bean.
A Shot of Africa

Ingredients:
50 ml espresso
5 ml Amarula - shaken
chocolate shavings or a coffee bean

Method:
Pour espresso into a shot glass. Layer with Amarula. Garnish with chocolate shavings or a coffee bean.

Vodka Espresso

Ingredients:
1 tot vodka
1 tot Amarula
2 tots espresso
2 teaspoons castor sugar (or to taste)

Method:
Shake coffee, vodka and sugar together with cubed ice, strain into a glass tumbler, and layer Amarula on top. Garnish with 3 coffee beans.
**Amarula Coffee**

*Ingredients:*
- 1 tot Amarula
- hot coffee
- grated milk chocolate

*Method:*
Pour hot coffee into a cup and top up with Amarula. Garnish with grated milk chocolate.

**Beautiful People**

*Ingredients:*
- 275 ml iced coffee
- 50 ml Amarula

*Method:*
Mix coffee and 45 ml Amarula. Serve frozen topped with 5 ml Amarula.
Dark Continent

Ingredients:
2 tots Amarula
hot coffee
shaved chocolate

Method:
Pour coffee into a mug or cup. Add Amarula. Garnish with shaved chocolate.
Amarula is a rare find. Appreciate accordingly.
Whether you like your drinks shaken or stirred, layered or blended, on the rocks or with a twist, Amarula is perfect for cocktails and goes down beautifully with any mood, any time.

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Download this section
C O C K T A I L S

A m a r u l a  o n  I c e

Ingredients:
2 tots Amarula

Method:
Pour Amarula into a glass filled with ice.

M i n t  S p l a s h

Ingredients:
½ tot Amarula
½ tot peppermint liqueur
1 tot fresh cream
peppermint crisp chocolate
fresh mint

Method:
Place all ingredients into a shaker with ice, shake and strain into a martini glass. Garnish with crushed peppermint crisp chocolate and add fresh mint.
**Cocktails**

**Amarula - Rula**

*Ingredients:*
- 2 tots Amarula
- 1 tot cherry liqueur
- 1 tot fresh cream
- fresh cherry

*Method:*
Place all the ingredients into a cocktail shaker with ice, shake and strain into a Collins glass. Garnish with a fresh cherry on a toothpick.

**Hazel**

*Ingredients:*
- ½ tot vodka
- 1 tot Amarula
- 1 tot hazelnut liqueur
- 1 tot fresh cream
- hazelnuts

*Method:*
Place all ingredients into a cocktail shaker with ice and strain into a martini glass. Garnish with crushed hazelnuts.
**White Nile Martini**

*Ingredients:*
1 tot Amarula
½ tot Cointreau liqueur
½ tot Crème de Cacao
ice cubes

*Method:*
Add all ingredients into a cocktail shaker. Shake and strain into a martini glass.

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**Obsession**

*Ingredients:*
1 tot Amarula
1 tot Crème de Cacao
1 tot Disaronno Amaretto
1 tot milk

*Method:*
Pour all ingredients into a cocktail shaker. Shake with ice and strain into a martini glass.
S w i n g i n g  S a f a r i

Ingredients:
2½ tots Amarula
1¼ tots Cointreau liqueur
½ tot vodka
ice cubes

Method:
Add all ingredients into a cocktail shaker. Shake and strain into a tall glass.

F i e r y  D u s k

Ingredients:
80 ml Amarula
1 generous scoop vanilla ice cream
1 tablespoon freshly chopped chilli
1 whole fresh chilli or a vanilla pod to garnish
ice cubes

Method:
Place all ingredients in a cocktail shaker or blender and shake or blend until smooth. Pour into a martini glass filled with ice cubes and garnish with a whole fresh chilli or a vanilla pod.
C O C K T A I L S

A m a r u l a  S u n s e t

Ingredients:
1 tot Amarula
½ cup vanilla ice cream
2-3 teaspoons strawberry puree
fresh strawberry

Method:
Blend ingredients and pour into a martini glass. Garnish with a delicious Amarula-filled fresh strawberry.

K i l i m a n j a r o

Ingredients:
1 tot Amarula
½ tot Crème de Menthe
½ cup vanilla ice cream
½ tot vodka
peppermint crisp

Method:
Blend all ingredients until smooth. Pour into a tall glass. Garnish with crushed peppermint crisp.
COCKTAILS

African Brew

Ingredients:
1½ tots Amarula
½ cup ice
½ cup chocolate ice cream
1 small fresh banana or wafer

Method:
Blend ingredients and pour into a chilled hurricane glass. Garnish with a chocolate-covered banana slice or wafer.

Amarula Colada

Ingredients:
2 tots Amarula
1 tot white rum
3 tots pineapple juice
1 tot coconut cream
fresh pineapple slice
top cherry

Method:
Blend all ingredients with crushed ice and pour into a tall cocktail glass. Garnish with a pineapple slice and cherry.
**Cocktails**

**Brown Elephant**

*Ingredients:*
- 2 tots Amarula
- 100 ml milk
- 100 ml Coca-Cola

*Method:*
Shake Amarula and milk with ice and strain. Add Coca-Cola and mix gently. Pour into a tall cocktail glass.

**Frozen Springbok**

*Ingredients:*
- 1½ tots Amarula
- 1 tot Crème de Menthe
- 2 scoops vanilla ice cream
- mint leaf
- sprinkle of chocolate

*Method:*
Blend ingredients with crushed ice until slushy and serve in a hurricane glass. Garnish with mint leaf and sprinkle of chocolate.
Skew's Me

Ingredients:
30 ml Amarula
sugar
60 ml hot espresso
orange peel
cinnamon sticks
pinch of chocolate powder (hot chocolate or cocoa)
30 ml whisky
cream

Method:
Prepare the hot espresso in a highball or deep-stemmed glass and add the whisky and sugar to taste. Add the orange peel and cinnamon stick and stir. Pour the Amarula into the coffee mixture and stir again to achieve a creamy coffee colour. Pour cream on top using the back of a spoon to form a distinct layer. Sprinkle with the chocolate powder.

Zing Amarula Mint Music Muddle

Ingredients:
crushed ice
60 ml Amarula
mint leaves
sugar
water

Method:
Dip the rim of a martini glass in water and then in sugar and set aside. Muddle a few mint leaves and a teaspoon of sugar with a dash of water, pour into the martini glass and fill it three-quarters with crushed ice. Add the Amarula and garnish with whole mint leaves.
Cocktails

Spice

Ingredients:
crushed ice
60 ml Amarula
90 ml pure mango juice
¼ teaspoon de-seeded and chopped red chilli
dried mango slivers

Method:
Combine the Amarula, pure mango juice and chopped red chilli in a cocktail shaker, blender or sealed container and shake well. Pour over crushed ice into a high-ball glass and garnish with dried mango slivers.

Nirvana by Chocolate

Ingredients:
30 ml Amarula
30 ml coffee-flavoured tequila
chocolate-coated coffee beans (available from specialty stores) to garnish

Method:
In a double-shot glass, first pour the coffee-flavoured tequila. Then, over the back of a teaspoon, gently pour the Amarula so it forms a distinct layer above the tequila. Garnish with chocolate-coated coffee beans. Drink all at once to taste the combined flavours.
Cocktails

Brandy and Cream

Ingredients:
½ tot Amarula
1 tot brandy
1 tot fresh cream
chocolate shavings

Method:
Place all ingredients into a cocktail shaker with ice and strain into a glass. Garnish with chocolate shavings.

Reggae Cream

Ingredients:
1 tot Amarula
1 tot rum
orange wheel or cherry

Method:
Pour ingredients over crushed ice. Stir and garnish with an orange wheel or cherry.
Cocktails

French Toast

Ingredients:
1½ tots Amarula
½ tot rum
½ tot milk
cinnamon stick

Method:
Combine ingredients over cracked ice in a cocktail shaker. Shake and pour into a glass. Lightly dust with cinnamon and swirl with a cinnamon stick or straw.

Golden Glow

Ingredients:
60 ml Amarula
15 ml peppermint liqueur
30 ml peach schnapps
2 tablespoons vanilla ice cream
peach slices to garnish
ice cubes

Method:
Place all ingredients in a cocktail shaker or blender and shake or blend until smooth. Pour into a martini glass filled with ice cubes and garnish with peach slices.
**Sunset Peak**

*Ingredients:*
80 ml Amarula  
4 drops violet essence (available from specialty food stores)  
30 ml whisky  
pinch freshly grated orange zest  
violets to garnish  
twirl of orange zest to garnish  
crushed ice

*Method:*
Pour all the ingredients into a champagne flute filled with crushed ice. Swizzle with a spoon. Garnish with freshly picked violets and/or a twirl of orange zest.

---

**Afterglow**

*Ingredients:*
60 ml Amarula  
60 ml chocolate liqueur  
30 ml pineapple pulp (pineapple crushed or blended)  
pinch of finely chopped fresh chilli to taste  
pineapple wedge or chocolate twirl to garnish  
ices

*Method:*
Pour the ingredients into a cocktail shaker or blender. Shake or blend well to mix thoroughly. Pour into a tall champagne flute filled with ice cubes or serve on the rocks in a hollowed out pineapple with a straw. Garnish with a pineapple wedge or a twirl of chocolate.
**Cocktails**

**Mint Star**

*Ingredients:*
- 80 ml Amarula
- 30 ml white rum
- sprig of fresh mint
- pinch of freshly grated lemon zest
- twirl of lemon zest to garnish
- crushed ice

*Method:*
Lightly crush the mint leaves between your fingers or with the back of a spoon. Place in a cocktail shaker or blender. Add remaining ingredients and shake or blend for 30 seconds. Pour over crushed ice into a martini glass. Garnish with a sprig of fresh mint and/or a twirl of lemon zest.

**Sunset Safari**

*Ingredients:*
- 30 ml Amarula
- 15 ml almond liqueur
- 15 ml citrus liqueur
- grated/ground cinnamon
- whole cinnamon stick to garnish
- orange rind or wedge to garnish
- ice cubes

*Method:*
Pour all the ingredients into a deep martini glass filled with ice cubes and stir gently with a spoon to combine the flavours. Garnish with a cinnamon stick and orange rind or an orange wedge.
Amarula Martini

Ingredients:
- ice cubes
- 30 ml Amarula
- 15 ml Gordon’s London Dry Gin
- 7½ ml bitters
- lemon zest

Method:
Add the Amarula, gin and bitters to a cocktail shaker, blender or sealed container and add a few ice cubes. Mix well, pour into a martini glass and garnish with a twist of lemon zest. To cool the glass ahead of time, fill with ice cubes and remove before pouring in the cocktail mixture.

Dusky Decadence

Ingredients:
- 160 ml Amarula
- 2 tablespoons crushed brownie or chocolate biscuits
- 2 tablespoons hazelnut liqueur
- 2 tablespoons orange liqueur
- 30 ml peppermint liqueur
- pinch of cinnamon
- chocolate shavings/wedge of cookie to garnish
- fresh ginger to garnish
- ice cubes
- crushed ice

Method:
Add all ingredients to a cocktail shaker or blender. Shake or blend for 30 seconds, pour over ice cubes into a highball or milkshake glass and add crushed ice as a top layer. Garnish with wedge of cookie or with chocolate shavings and fresh ginger.
**Lover’s Revenge**

*Ingredients:*
- 30 ml Amarula
- 15 ml cream
- 15 ml milk
- 15 ml pomegranate juice
- 30 ml Crème De Cacao
- pomegranate seeds
- shaved flakes of 70% dark chocolate
- ice cubes

*Method:*
Combine the pomegranate juice and Crème De Cacao and pour into a highball glass layered with pomegranate seeds at the bottom and fill three-quarters with ice. Mix the remaining ingredients in a cocktail shaker, blender or closed container with ice and strain into the highball glass. Add another layer of pomegranate seeds on top, along with shaved flakes of 70% dark chocolate.

**Elephant’s Reverie**

*Ingredients:*
- crushed ice
- 60 ml Amarula
- 30 ml Frangelico
- 15 ml banana liqueur
- 15 ml pouring cream
- pinch of chocolate powder (hot chocolate or cocoa)
- fresh cherries

*Method:*
Combine all ingredients in a cocktail shaker, blender or closed container with some crushed ice until smooth. Pour into a highball glass and garnish with chocolate powder and fresh cherries.
**Ginger Snap**

**Ingredients:**
- 60 ml Amarula
- 60 ml ginger syrup
- 2 tablespoons white chocolate ganache
- crystallised ginger for garnishing

**Method:**
Add the Amarula, ginger syrup and white chocolate ganache to a cocktail shaker, blender or closed container and add a few ice cubes. Close the container and shake or blend until smooth. Strain into a tumbler and garnish with a twist of crystallised ginger.

**Melon Colada**

**Ingredients:**
- ice cubes
- 30 ml Amarula
- 60 ml green melon syrup
- 30 ml white rum
- green melon, cut into slivers

**Method:**
Combine all ingredients in a cocktail shaker, blender or sealed container. Pour into a deep-stemmed or martini glass and garnish with two slivers of green melon.
Amarula Citrus Passion

Ingredients:
30 ml Amarula
15 ml Cointreau
30 ml passion fruit curd (available from fine food stores or alternatively, use Yogi Sip passion fruit flavour or other passion fruit-flavoured drinking yoghurt)
30 ml orange syrup (see recipe below)
2 tablespoons white chocolate ganache (see recipe below)
orange zest
ice cubes

Method:
Add the Amarula, Cointreau, passion fruit curd, orange syrup and white chocolate ganache to a cocktail shaker, blender or sealed container and insert a few ice cubes. Close the container and shake or blend until smooth. Strain into a high-ball glass and garnish with a twist of orange zest.

White Chocolate Ganache

Ingredients:
200 g white chocolate, broken into pieces
300 ml fresh cream

Method:
Heat the cream until it reaches boiling point, pour it over the white chocolate and combine with a spoon until the mixture is smooth and silky.

Orange Syrup

Ingredients:
250 ml pure orange juice
30 g sugar

Method:
Bring the orange juice and sugar to the boil for five minutes and then leave to cool.
**Rose-Streaked Horizon**

*Ingredients:*
- 30 ml Amarula
- small sprig rosemary
- 2 tablespoons toffee sauce (see recipe below)
- 1 tablespoon berry coulis (see recipe below)
- fresh raspberries to garnish
- sprig of rosemary or fresh mint to garnish
- crushed ice
- ice cubes

*Method:*
Prepare coulis and toffee sauce. Pour Amarula, 2 tablespoons toffee sauce, 1 tablespoon coulis and sprig of rosemary into a cocktail shaker with ice cubes and mix. Remove rosemary sprig and pour mixture into a glass filled with crushed ice. Garnish with fresh rosemary, mint or raspberries.

*Coulis:*

*Ingredients:*
- 1 cup frozen berries
- ½ cup sugar
- 1 cup water

*Method:*
Bring all the ingredients to the boil in a small pot. Blend with a stick blender and strain through a sieve.

*Toffee Sauce:*

*Ingredients:*
- ½ cup caramel treat
- ½ cup fresh cream

*Method:*
Combine the ingredients in a bowl and heat together in the microwave. Stir until well mixed.
Milk 'n Cookie

Ingredients:
60 ml Amarula
15 ml peppermint liqueur
60 ml full-cream milk
1 teaspoon vanilla extract
1 crushed coconut cookie
1 tablespoon roughly torn fresh mint leaves
whole mint leaves for garnishing
toasted coconut shavings for garnishing
crushed ice
ice cubes

Method:
Add the Amarula, peppermint liqueur, full-cream milk, vanilla extract, crushed coconut cookie, roughly torn fresh mint leaves and a few ice cubes to a cocktail shaker, blender or sealed container and shake well. Pour over crushed ice into a latté or high-ball glass, or two tumblers, and garnish with toasted coconut shavings and whole mint leaves.
COCKTAIL TIPS

Layering
Looks fantastic, and once you’ve got the knack is very easy to do. Turn a teaspoon back to front (so the bulge is on top) and position the tip where the first layer of liquid meets the glass. Carefully pour the next liquid over the teaspoon so that it forms a layer.

Building
Make a cocktail by putting all the ingredients into the glass and giving it a quick stir before serving.

Blending
Place all the ingredients into a blender and blend until smooth, starting slow and then speeding up.

Shaking
Put all the ingredients in a cocktail shaker (or jam jar) with cubed ice and shake briskly for about 10 seconds. Strain and pour the contents into a glass, leaving the ice in the shaker. This is important for chilling and diluting the drink to the right proportion, plus a fun way to entertain.

Stirring
The best method to retain the strength of the spirits, as in Martinis, is to simply stir gently to avoid chipping the ice.

Straining
Standard shakers have a built-in strainer, but otherwise you will need to strain the drink before serving, to retain the ice or small fragments of fruit.

Crushing Ice
Either crush the cubed ice in a blender or put the ice cubes into a plastic bag, close it and crush it with a rolling pin.

Download this section
Amarula Shooters

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If your adventurous spirit keeps you in search of new taste sensations, try Amarula in a range of delicious shooters.

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2. Springbok
3. Indulgence
4. Vanilla Cream Shooter
5. Elangeni
6. Mexican Elephant
7. Dark Roast Amarula
8. Amarula Cherry Pop

Download this section
SHOOTERS

B 5 2

*Ingredients:*
½ tot Kahlua
½ tot Amarula
½ tot Grand Marnier

*Method:*
Layer all ingredients into a tot glass, Kahlua first, then the Amarula and then the Grand Marnier.

Springbok

*Ingredients:*
½ tot Crème de Menthe
½ tot Amarula

*Method:*
Layer ingredients into a tot glass, Crème de Menthe first and then the Amarula.
Indulgence

*Ingredients:*
½ tot Crème de Cacao
½ tot Disaronno Amaretto
½ tot Amarula

*Method:*
Layer all ingredients into a tot glass, Crème de Cacao first, then the Amaretto and then the Amarula.

Vanilla Cream Shooter

*Ingredients:*
½ tot Disaronno Amaretto
½ tot Amarula
½ tot vanilla vodka

*Method:*
Layer all ingredients into a tot glass, Disaronno first, then the Amarula and then the vodka.
E l a n g e n i

Ingredients:
60 ml Amarula
15 ml banana liqueur
15 ml tequila
1 teaspoon freshly grated lemon zest
twirl of lemon zest to garnish
maraschino cherries to garnish
ice cubes

Method:
Pour all the ingredients into a cocktail shaker or blender and add two or three cubes of ice. Shake or blend well and pour into three shooter glasses. (Strain, if desired, before pouring.) Garnish with a twirl of lemon zest and/or a maraschino cherry.

M e x i c a n  E l e p h a n t

Ingredients:
30 ml Amarula
30 ml coffee-flavoured tequila
chocolate-coated coffee beans (available from specialty stores) to garnish

Method:
In a double shot glass, first pour the coffee-flavoured tequila. Then, over the back of a teaspoon, gently pour the Amarula so it forms a distinct layer above the tequila. Garnish with chocolate-coated coffee beans. Drink all at once to taste the combined flavours.
**Amarula Cherry Pop**

*Ingredients:*
- 15 ml Amarula
- 7½ ml peppermint liqueur
- 7½ ml maraschino cherry syrup
- maraschino cherries

*Method:*
In a double shot glass, first pour the cherry syrup. Then, over a teaspoon, gently pour the peppermint liqueur followed by the Amarula so that distinct layers are formed. Garnish with a maraschino cherry. Drink all at once to taste the combined flavours.

**Dark Roast Amarula**

*Ingredients:*
- 30 ml Amarula
- 60 ml hot espresso
- 15 ml Glühwein-spiced water (available in specialty stores)
- orange peel
- cinnamon sticks

*Method:*
Combine the espresso and Glühwein-spiced water and pour into an espresso cup or double-shot glass. Then, over a teaspoon, gently pour the Amarula so that a distinct layer is formed. Garnish with orange peel and a cinnamon stick.
AMARULA
FOOD

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Amarula is a rare find. Appreciate accordingly.
Amarula truly embodies the Spirit of Africa. Whether you enjoy it as a decadent dessert, or infuse its rich, unique taste to make a meal extraordinary, this luxurious cream will enchant you, whatever the occasion.

STARTERS

1. Bittersweet Amarula Drumsticks
2. Spicy Amarula Chicken Livers with Crusty Bread

Download this section
Bittersweet Amarula Drumsticks

**Ingredients:**
12 drumsticks  
seasoned flour  
¼ cup (62.5 ml) snipped garlic chives  
¼ cup (60 ml) marmalade or apricot jam  
4 tablespoons (60 ml) lemon juice  
2 tablespoons (30 ml) Amarula  
2 teaspoons (10 ml) seasoned sea salt  
12 bay leaves and toothpicks

Makes 12 portions

**Method:**
Prepare the drumsticks by cutting the skin loose around the bone and pushing it down with a scraping movement, using a small sharp knife. Cover exposed bone with foil. Dust meat lightly with seasoned flour. Mix the chives, marmalade, lemon, Amarula and salt together. Coat the drumsticks in this mixture and arrange in an ovenproof dish. Bake at 200°C for 45 minutes until crispy. Remove the foil. May be served warm or at room temperature.

FOR SERVING: Wrap a bay leaf around each exposed bone-tip. Secure the leaf with a toothpick or porcupine quill.
Spicy Amarula Chicken Livers with Crusty Bread

*Ingredients:*
250 g chicken livers
1 small onion, finely chopped
1 big clove of garlic, minced
1 small chilli, finely chopped
200 ml cream
1 tablespoon fresh chives, finely chopped
1 tablespoon fresh parsley, finely chopped
2 tablespoons olive oil
30 ml Amarula
30 ml brandy
salt
pepper
crusty bread

Serves 2

*Method:*
Fry the finely chopped onions in the olive oil until golden brown and set aside. Clean the chicken livers, dry with a paper towel and season well with salt and pepper. Place the chicken livers in a hot non-stick pan and leave for a minute without stirring or flipping. Turn chicken livers over and leave again for a minute. Add the fried onion, garlic, chilli and brandy to the pan and flambé for a few seconds, then add the Amarula and cream and bring to the boil. Stir the chives and parsley into the pan and serve immediately with hot crusty bread.
Amarula truly embodies the Spirit of Africa. Whether you enjoy it as a decadent dessert, or infuse its rich, unique taste to make a meal extraordinary, this luxurious cream will enchant you, whatever the occasion.

**MAINS**

1. **Amarula Spicy Fish with Tropical Fruit**
2. **Leg of Venison with Amarula Sauce**
3. **Beef Stir Fry with Amarula and Coconut Cream**
4. **Pork and Prune Rolls with Amarula**
5. **Amarula Red Duck Curry with Basmati Rice**

Download this section
Amarula Spicy Fish with Tropical Fruit

Ingredients:
1.25 kg kingklip or Cape salmon, tail end fillets ± 20cm long
seasoned sea salt
4 medium or 3 large mangoes, cubed
4 medium bananas, sliced
2 tablespoons (30 ml) Amarula
2 tablespoons (30 ml) flour
1 teaspoon (5 ml) medium curry powder or fish masala
pinch cayenne pepper
¼ cup (62.5 ml) melted butter
2 cloves of crushed garlic
200 g spicy curry basting sauce
½ cup (125 ml) desiccated coconut
½ teaspoon (2.5 ml) turmeric
fresh coriander leaves to garnish

Serves 6

Method:
Divide each fishtail fillet in half along the length; just follow the natural dividing line. Slice each into three even-sized strips, again working lengthways. Leave about 2 cm at the widest part uncut.
Plait each fillet. Secure the ends with a strip of chive. Season, cover and chill in the refrigerator.
Toss the fruit with the Amarula in a large ovenproof dish. Dip the fish fillets in a mixture of flour, curry powder and cayenne. Lay on the fruit. Brush the fish with a mixture of melted butter and crushed garlic. Pour the spicy curry basting sauce evenly over the dish.
Rub the coconut and turmeric together on a piece of greaseproof paper until the coconut is golden.
Sprinkle over the fish. May be pre-prepared to this stage, covered and refrigerated.

Bake at 220°C for 25 minutes. Garnish with fresh coriander leaves. Serve with rice pilaf, hardboiled saffron eggs and salad sambals.
Leg of Venison with Amarula Sauce

Ingredients:

Marinade:
- 300 ml pear and apricot juice
- 50 ml sunflower oil
- 30 ml chutney
- 6 spring onions, chopped
- 2 cloves garlic, crushed
- 1 bay leaf, crumbled
- 10 ml brown sugar

Venison:
- 2.5 kg leg of venison or lamb
- 250 g streaky bacon
- 200 g sugar
- 1 l water
- rind of lemon, cut in one long, thin strip
- 6 pears, peeled and cored
- 30 g butter, softened
- 100 g fresh or canned blueberries
- 500 ml beef stock
- 100 ml Amarula
- 30 ml brandy
- 15 ml cornflour
- 30 ml cold water
- sprigs of fresh herbs such as sage or rosemary

Serves 4-6

Method:
In a bowl, combine the ingredients for the marinade. Lard the leg, if you wish, cover with the bacon, secure with string and place into a deep container. Pour over the marinade. Marinade for 2 days, turning occasionally.

Into a saucepan, place the sugar and water. Add the lemon rind and boil rapidly for 2 minutes. Place the pears upright in the syrup and poach for 8 minutes. Drain the pears, reserve the syrup and set aside.

Drain the meat on a wire rack and pat dry with paper towel. Spread with butter and season. Place the meat in a roasting pan and roast in a preheated oven at 160°C. Calculate 15 minutes of cooking time per 500 g, plus an additional 15 minutes or longer, according to taste. Place the pears in the roasting pan with the meat for the last 30 minutes of cooking. Add the blueberries for the last 10 minutes. Remove the meat and keep warm in an oven drawer. Halve and core the pears. Spoon the berries into the pear halves with a slotted spoon and keep warm.

Pour the excess fat from the pan and deglaze with the stock and half the syrup. Reduce to two thirds and pour through a sieve.

Add the Amarula and brandy and bring to the boil. Add the cornflour with the cold water. Add just enough to the Amarula mixture to thicken to a sauce consistency. Pour into a serving dish.
Place the saddle of venison on a serving plate and arrange the stuffed pears alongside. Baste the meat with a little sauce to glaze and garnish with herbs. Serve the remaining sauce separately.
Beef Stir Fry with Amarula and Coconut Cream

Ingredients:
6 spring onions, chopped
15 ml grated ginger
3 garlic cloves, crushed
1 small red chilli, chopped
salt and pepper
410 g coconut cream
50 ml Amarula
50 ml fresh coriander leaves
beef strips
egg noodles
sesame oil

Method:
Heat sesame oil in a wok and fry the spring onion, ginger, garlic and chilli. Add the beef strips and fry until almost cooked. Season with salt and pepper. Add the coconut cream and simmer for 10 minutes. Add the Amarula and allow to heat through. Serve with coriander leaves and egg noodles.
Pork and Prune Rolls with Amarula

**Ingredients:**
- 4 pork schnitzels
- 50 ml flour
- salt and pepper
- 200 ml pitted and chopped prunes
- 25 ml fresh sage leaves
- 30 ml oil
- 60 ml butter
- 100 ml cream
- 30 ml Amarula

**Method:**
Dust the pork schnitzels with flour and arrange them on a clean working surface. Season with salt and pepper. Spoon equal amounts of chopped prunes in the middle of each schnitzel, followed by a sage leaf. Roll up the schnitzels, start from one end and secure with toothpicks. Heat the butter and oil and fry the schnitzel rolls until golden brown. Pour cream and Amarula over the schnitzel rolls and allow the sauce to thicken. Season with salt and pepper. Serve with feta mash and rocket salad.
Amarula Red Duck Curry with Basmati Rice

Ingredients:
- roast duck, cut into bite-size pieces
- 1 tablespoon Thai red curry paste
- 1 cup coconut cream
- 1 tablespoon peanut oil
- 1 tablespoon lime juice
- 1 tablespoon fish sauce
- 1 teaspoon palm sugar
- 10 basil leaves
- ½ cup coriander leaves
- 200 g blanched mange tout
- 100 g blanched baby corn
- 60 ml Amarula
- curry powder

Method:
Stir-fry the curry paste and curry powder in the peanut oil and add the coconut cream. Allow to cook for 4 minutes and add the duck, retaining the heat until the duck is warmed through. Add the Amarula, fish sauce, lime juice and palm sugar, cook for a further 30 seconds. Add the blanched baby corn and the mange tout and lastly the basil and coriander. Serve with steamed basmati rice and fresh coriander to garnish.
Amarula truly embodies the Spirit of Africa. Whether you enjoy it as a decadent dessert, or infuse its rich, unique taste to make a meal extraordinary, this luxurious cream will enchant you, whatever the occasion.

## Desserts

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Download this section
**Dom Pedro**

**Ingredients:**
- 2 tots Amarula
- 150 ml vanilla ice cream
- 25 ml thick cream
- chocolate powder or spun chocolate

**Method:**
Combine all the ingredients in a blender/shaker. Blend well. Pour into a glass and garnish with chocolate powder or spun chocolate.
Amarula and Chocolate-Covered Strawberries

**Ingredients:**
1 12-ounce package of semi-sweet chocolate chips
1½ cups of cream
1 to 2 tablespoons Amarula
60 large fresh strawberries, rinsed and patted dry with stems left on

**Method:**
In the top of a double boiler, over hot water, slowly melt the chocolate. Add cream, stirring until smooth. Remove from heat and blend Amarula until completely mixed into chocolate. Hold each berry by stem, swirl in chocolate to partially cover; place on waxed paper-lined cookie sheet. Place in refrigerator until chocolate is set then transfer fruit onto a serving platter.
DESSERTS

Amarula Bread and Butter Pudding

Ingredients:
500 ml milk
375 ml double cream
5 ml vanilla essence
40 g butter, melted
6 large eggs
200 g castor sugar
125 ml Amarula
6 small soft bread rolls
25 g sultanas, soaked in water and drained
100 g apricot glaze, warm

Serves 8

Method:
In a pan, bring the milk, cream and vanilla essence to the boil. Use a little of the butter to grease a large oval pie dish. In a bowl, whisk the eggs and castor sugar until pale. Gradually add the milk-cream mixture, stirring. Add the Amarula and strain through a fine sieve. Cut the bread rolls into thin slices and butter them. Arrange in the pie dish and sprinkle over the sultanas.
Pour the Amarula mixture over the bread. The bread will float to the top. Place the dish in a bain-marie on top of folded newspaper and pour in hot water to come halfway up the sides of the dish. Bake in a preheated oven, 160°C, for about 45-50 minutes. When the pudding is ready it should wobble very slightly in the middle. Remove from the oven and cool a little.

Brush a thin coating of apricot glaze over the top of the pudding. Prior to serving, dust with icing sugar. Serve warm.
**Amarula Finale**

*Ingredients:*
- 250 ml Amarula
- ½ litre vanilla ice cream
- 250 ml filter coffee, cooled
- 50 g chocolate, grated
- 40 ml chocolate sauce
- 50 ml cream, whipped
- 4 maraschino cherries

Makes 4 portions

*Method:*
Into a blender, place the Amarula, the ice cream, coffee and half the grated chocolate. Blend for a few seconds.
Swirl the chocolate sauce around the sides of the glasses. Pour the Amarula mixture into each glass.
Top with a little whipped cream, the remaining grated chocolate and a maraschino cherry, or garnish as desired.
Ultimate Amarula Carrot Cake

Ingredients:
- 2 1/2 cups (300 g) cake flour
- 2 teaspoons (10 ml) baking powder
- 1 1/2 teaspoons (7.5 ml) bicarbonate of soda
- 1 tablespoon (15 ml) mixed spice
- 1 teaspoon (5 ml) salt
- 4 large eggs at room temperature
- 1 1/4 cups (312.5 ml) oil
- 1 1/4 cups (300 g) castor sugar
- 2 cups (500 ml) grated carrots
- 1 cup (250 ml) well drained, grated fresh pineapple or Granny Smith apples
- 1 cup (250 ml) chopped pecan nuts
- 1/4 cup (62.5 ml) Amarula
- 1/2 cup (125 ml) smooth apricot jam

Method:
Sift dry ingredients twice. Beat the eggs until thick, add the sugar gradually (use an electric beater at high speed for about 3 minutes) until the mixture is very thick. Add the oil slowly and beat for another 2 minutes. Add carrots, pineapple, nuts, Amarula and apricot jam and mix by hand. Add the dry ingredients to the mixture and fold in with a spatula until well blended. Butter a 28cm diameter loose-bottomed spring form ring, an angel cake tin or 2 loaf tins*. Either line the base with baking paper or sprinkle with dry biscuit crumbs to coat lightly. Pour the mixture into the prepared tin and bake at 180°C (350°F) for 1 hour and 10 minutes. Allow to firm and cool in the tin for 10 minutes before turning out.

Cream cheese icing:
- 1/4 cup (60 g) butter
- 2 cups (250 g) sifted icing sugar
- 1 tablespoon (15 ml) Amarula
- 125 g cream cheese or smooth low-fat cottage cheese – see tip below

Decoration:
- crystallised pineapple slices and pecan nuts

To prepare tin:
- finely crushed Marie biscuits

*CAKE TINS: If using a 28cm spring form tin with a hole in the middle there will be a little too much mixture. Fill the tin two thirds full and bake the rest of the mixture in a muffin tin (will make ±6 muffins extra).
- Angel cake tin – the mixture fits fine.
- Loaf tin – use one very large loaf tin – 30cm x 10cm or 2 smaller ones.

ICING: Cream the butter and gradually add the icing sugar. Gently stir in the Amarula and the cream cheese. Don’t over mix once the cheese has been added, as it is inclined to become watery.
**Amarula Fondue Fantasy**

*Ingredients:*
- 200 g dark chocolate, broken into pieces
- 20 ml orange juice
- 60 ml Amarula
- 1 small can evaporated milk, chilled
- 10 ml finely grated orange rind

*Method:*
Place the chocolate in a bowl over a saucepan of simmering water. Stir the chocolate continuously until it has melted. Stir in the orange juice, Amarula, half the can of evaporated milk and orange rind. Stir until smooth. Whisk the remaining evaporated milk until thick and fold into the chocolate mixture. Pour into a fondue pot and set over a low flame. Serve with a selection of fresh fruit and sponge fingers. NOTE: Chocolate burns easily, so it’s important not to let the mixture boil or it will become bitter.

*Microwave Method:*
In a heat-resistant bowl place the chocolate, orange juice, Amarula, half the can of evaporated milk and orange rind. Microwave on 100% power to soften, about 3 minutes. Stir until smooth. Whisk the remaining evaporated milk until thick, and then fold into the chocolate mixture. Pour into a fondue pot.
Biscuits with Amarula filling

*Ingredients:*
- 250 g soft butter
- 120 g castor sugar
- 5 ml vanilla essence
- 420 g (750 ml) cake flour
- 3 ml salt
- 30 ml milk

*Filling:*
- 25 ml instant coffee powder
- 25 ml boiling water
- 250 ml sugar
- 125 ml butter
- 75 ml Amarula

Cocoa powder or icing sugar for garnishing

*Method:*
Beat the butter and castor sugar for 10 minutes. Add the vanilla essence. Fold in the sifted flour and salt, along with the milk. Roll the dough out onto a floured surface and cut out shapes with a cutter. Place the shapes onto a greased baking tray and bake in the oven at 180°C for 12-15 minutes or until done. Allow to cool down before you decorate your biscuits.

*To make the filling:*
Dissolve the coffee in the water. Add the sugar, butter and Amarula. Allow to simmer until sugar has dissolved. Remove from the heat and beat the mixture until thick and cooled down. Spread some filling on the one half of the biscuit and stick the other half on top of the filling, to make a little sandwich. Continue until all biscuits are sandwiched. Dust with cocoa powder or icing sugar.
Homemade Amarula Ice Cream

**Ingredients:**
- 250 g cream cheese
- 250 g mascarpone cheese
- 250 g crème fraîche
- 2 eggs
- 250 ml sugar
- 80 ml Amarula
- 200 g peanut brittle

**Method:**
Cream the eggs and sugar, combine with rest of the ingredients and whisk until well blended.
Pour into a glass bowl and freeze for 2–3 hours.
Serve with extra Amarula and peanut brittle.
Chocolate and Amarula Mousse

Ingredients:
300 g dark chocolate, chopped
300 g wholenut chocolate or plain milk chocolate, chopped
100 g butter, cubed
200 ml cream
50 ml Amarula
8 eggs, separated
1 ml salt

Method:
Melt the chocolate and butter over low heat. Remove from heat and pour in cream and Amarula.
Whisk the egg yolks and slowly start pouring the egg mixture into the chocolate mixture and continue to whisk until well mixed.
Whisk the egg whites and salt until stiff, stir in with the rest of the chocolate mixture.
Pour into small wine glasses or serving dishes and leave to chill for at least an hour or two.
Serve with whipped cream.
Amarula and Chocolate Sundae

Ingredients:
2 large Bar-One® chocolate bars
60 ml fresh cream
100 ml Amarula
410 g can apricots in syrup
700-900 ml vanilla ice cream
100 g unsalted peanuts, roasted

Serves 4

Method:
Melt the Bar-One® chocolates and fresh cream over low heat.
Add the Amarula and allow to cool.
Drain the apricots and cut into halves, keep the syrup.
Pour a little Amarula and chocolate sauce in the bottom of
4 glasses followed by the ice cream, apricot juice, apricots, more
Amarula, chocolate sauce and nuts.
Amarula and White Chocolate Cheesecake

**Ingredients:**
- 200 g ginger biscuits, crumbed
- 80 g butter, melted
- 690 g cream cheese
- 250 ml castor sugar
- 80 ml Amarula
- 160 g white chocolate, grated
- fresh berries

**Method:**
Mix ginger biscuits with butter and press the crumbs into a spring form tin (20cm) and allow to rest for 20 minutes in the refrigerator.
Combine the cream cheese, castor sugar, Amarula and 80 g white chocolate.
Pour into the spring form tin and refrigerate overnight.
Decorate with the rest of the white chocolate, garnish with fresh berries and serve.
Amarula and Pecan Nut Tart

**Ingredients:**
- 200 g flour
- 100 g butter, melted
- pinch of salt
- 30-50 ml ice water
- 5 eggs
- 300 ml castor sugar
- 1 ml salt
- 200 ml butter, soft
- 250 ml golden syrup
- 180 ml Amarula
- 100 ml dark chocolate, chopped
- 500 ml pecan nuts, chopped and roasted

Serves 8-10

**Method:**
Put the flour, salt and butter into a food processor and pulse until it resembles bread crumbs.
Add some of the water and pulse until it forms a soft dough. Cover and allow to rest for 30 minutes in the refrigerator.
Roll out the dough, line one tart tin (24cm) or 8-10 small tart tins (10cm each). Blind-bake the pastry.*
Cream the eggs and sugar until light and thick, this should take about 10 minutes.
Combine with the rest of the ingredients and pour into the tart tin(s).
Bake in a preheated oven at 160°C for 1-1½ hours or until done.
Serve with Amarula ice cream and crème fraîche.

*Blind-bake means to bake a pie crust without a filling. There are several techniques used to ensure that the pie crust holds its shape when baked empty. Pie weights can be placed in the shell to keep it from puffing. The shell can be lined with foil and dried beans or peas. Pricking the crust with a fork before baking also helps the crust keep its shape.
Amarula Butterscotch Sauce

Ingredients:
- 250 ml light brown sugar
- 250 ml water
- 250 ml Amarula

Method:
Heat the sugar and water over low heat and stir until sugar melts. Bring to the boil and allow to boil until the colour of the sauce resembles caramel. Take the sauce off the heat, add the Amarula and stir until smooth. Return to the heat and simmer until thick and creamy. Serve over ice cream, desserts or cakes.
Amarula-Drenched Tiramisu

**Ingredients:**
- 250 ml espresso
- 250 ml Amarula
- 10 ml brown sugar
- 10 ml gelatine
- 40 ml water
- 6 egg yolks
- 100 ml castor sugar
- 500 g mascarpone cheese
- 2 packets (125 g each) sponge finger biscuits
- 60 ml dark chocolate, grated

**Method:**
Combine the espresso, half the Amarula and sugar and stir well. Allow to cool down.
Beat egg yolks and castor sugar until thick and light in colour. (This should take 10 minutes).
Fold in the mascarpone and the rest of the Amarula.
Dip the biscuits, one at a time into the espresso and Amarula mixture and arrange in a single layer in a large serving dish.
Spread half the cream mixture over the biscuits and repeat with the remaining biscuits and cream.
Sprinkle chocolate on the top cream layer. Cover and refrigerate overnight or until firm.
Amarula Meringue Dessert

Ingredients:
4 egg whites
2 ml bicarbonate of soda
1 ml salt
375 ml castor sugar
30 ml corn flour
500 ml double cream
60-80 ml Amarula
10 ml sticky brown sugar
pistachio nuts, chopped
50 ml granadilla pulp
100 g dark chocolate, melted
fresh berries in season

Method:
Beat egg whites, bicarbonate of soda and salt until soft peaks form. Gradually add the castor sugar while beating. Beat until thick and shiny.
Combine the corn flour and beat until well blended.
Pour the meringue into a piping bag and squeeze little round shapes onto a greased baking tray.
Bake in the oven at 160°C for an hour or until dried out.
To serve, whisk the cream, Amarula and sugar and spoon half the mixture into tall glasses. Crumble the meringues and sprinkle over the cream, followed by nuts and melted chocolate. Repeat with rest of ingredients and top the glasses with berries.
Cook’s note: Replace the melted chocolate with butterscotch sauce.
**Amarula White Chocolate Mousse with Brandy Snap Shortbread**

**Ingredients:**
- 250 g butter
- 125 g icing sugar
- 125 g corn flour
- 250 g cake flour
- 70 g brandy snaps, broken up into small pieces (available at specialist food stores and some supermarkets)

**Method:**
Cream the butter and icing sugar until light and fluffy. Fold in the flour, including the corn flour, and the broken brandy snaps and mix well until a smooth dough is formed. Be careful not to knead too much.
Place on a large, well-greased tray and using your hands, flatten the dough until it is somewhere between 1cm to 1.5cm thick and work it across the tray to ensure an even thickness throughout.
Prick with a fork to ensure that it doesn’t rise.
Bake in the oven at 150°C for 45 minutes to an hour until golden brown in colour.
Tip out onto a baking grid and cool. Portion with a knife while still warm.
Black Sesame and Valronha Cocoa

Step 1: Sesame Meringue
300 g egg whites (approximately 10 egg whites)
300 g castor sugar
1 1/2 tablespoons cocoa powder
100 ml ground black sesame seeds

Roast the sesame seeds for 5 minutes at 180°C, cool and grind using a spice grinder or pestle and mortar. Make a stiff meringue by whipping the egg whites and sugar together. Fold in the sesame seeds and cocoa powder. Make big ball-shaped meringues and dry in a 120°C oven for 3 hours.

Step 2: Amarula Creameux
100 ml Amarula
550 ml cream
150 g egg yolks (7/8 egg yolks)
60 g sugar
400 g white chocolate

Cream the egg yolks and sugar together. In a double boiler, heat the cream and Amarula together. Do not boil. Just before it begins to bubble, remove from the heat and pour slowly into the creamed yolks and stir thoroughly. Return to the double boiler and take heat up to 80°C. Add white chocolate and mix to incorporate. Chill until set.

Step 3: Dark Chocolate and Orange Truffles
zest from 2 oranges
550 ml cream
120 g egg yolks (approximately 6 egg yolks)
60 g sugar
200 g 49% cocoa chocolate
200 g 62% cocoa chocolate

Cream the egg yolks and sugar together. In a double boiler, heat the cream and orange zest together. Remove from heat and mix in with creamed yolks. Return to the double boiler and take heat up to 80°C. Add chocolate and mix to incorporate. Chill till set. Form into oval or truffle shapes.

Step 4: Crystallised Cocoa Nibs (optional)
100 g sugar
50 g cocoa nibs

Melt the sugar and work in the nibs until the sugar crystallises.
Black Sesame and Valronha Cocoa cont.

Garnish
lime zest
purple wood sorrel
rosemary flowers

Makes approximately 20

Assembly:

Cut or tear open the sesame meringues and serve with dollops of the Amarula Creameux and chocolate and orange truffles. Decorate with cocoa nibs, if using, the lime zest and rosemary flowers.
Walnut and Coffee Cake

Step 1: Walnut and Coffee Cake
- 5 eggs
- 6 egg yolks
- 350 g cake flour
- 25 g baking powder
- 30 g coffee powder
- 130 g treacle sugar
- 250 g canola oil
- 100 g grated carrots
- 150 g chopped walnuts
- 50 g castor sugar
- 100 ml cream

Heat the cream and add coffee. Cream egg yolks and eggs with the treacle sugar until fluffy. Sieve dry ingredients together. Individually add flour, then coffee cream and finally oil to the egg mixture until combined. Incorporate carrots and nuts. Place cake mixture in an oiled baking tin, spread to 2cm thickness and bake for 15 minutes in an oven set at 175°C.

Step 2: Butterscotch Sauce
- 2 litres cream
- 1 kg treacle sugar
- 1 kg castor sugar
- 1 kg butter
- 500 g walnuts finely ground
- 500 ml Amarula

Caramelize treacle and castor sugar in a pot on the stove. Remove from the stove, add butter and cream. Return to the heat and bring to the boil. Stir in walnuts to incorporate. Chill and add Amarula.

Step 3: Berry Coulis (optional)
- 250 g frozen mixed berries
- 250 g stock syrup (1:1:1 ratio) water, glucose and sugar

Blend frozen berries with stock syrup and pass through a sieve. Cook on medium heat until thickened.

Step 4: Pistachio Paste (optional)
- 250 g roasted pistachios
- 250 g ground almonds
- 50 g sugar

Blend together in food processor until a paste consistency is achieved.
Walnut and Coffee Cake cont.

**Step 5: Amarula Ice Cream**
250g egg yolks (approximately 12 egg yolks)
700 ml cream
400 ml Amarula
2 vanilla beans

Cream the yolks and vanilla seeds until pale. Heat the cream with the Amarula in a double boiler. Remove from the heat and temper into the yolk mixture. Let the mixture cool and freeze.

Serves approximately 30

*Assembly:*

Cut the cake into slices and serve with butterscotch sauce, Amarula ice cream, berry coulis and pistachio paste, if including.
**Panna Cotta**

**Step 1: Panna Cotta**

1½ litres cream  
500 ml Amarula  
12 leaves gelatine  
2 vanilla bean pods  
50 g castor sugar

Heat the cream and Amarula to boiling point and add the vanilla and castor sugar. Melt the gelatine leaves and add while mixture is still above 40°C. Set in desired moulds or ramekins and chill in fridge until set.

**Step 2: Violet Marshmallows (optional)**

90 g gelatine  
570 g castor sugar  
330 ml water  
1 vanilla bean pod  
20 ml violet extract  
100 g egg whites, whipped (approximately 3 to 4 egg whites)

Return to the heat and take the heat up to 80°C. Add orange zest and chocolate, stir until it incorporates. Leave until cool and set.

**Step 3: Orange Cream**

550 ml cream  
120 g egg yolks (approximately 6 egg yolks)  
60 g sugar  
400 g 77% cocoa chocolate  
zest from 2 oranges

Cream yolks and sugar. In a double boiler, bring cream to the boil. Take off the heat and add to yolk mixture.

**Step 4: Honeycomb (optional)**

400 g castor sugar  
100 ml water  
100 ml honey  
2 tablespoons liquid glucose  
1½ teaspoons bicarbonate of soda

Boil the sugar and honey with the water and take to 160°C, add bicarbonate of soda and whisk quickly. Immediately pour into a greaseproof tray and allow to set. Break into crumbles.
D E S S E R T S

Panna Cotta cont.

Step 5: Banana Ice Cream
200 g egg yolks (approximately 10 egg yolks)
1 litre cream
800 g bananas
250 g treacle sugar

Cream yolks until pale. In a double boiler, bring cream to the boil. Remove from the heat and temper with the yolks. Roast the bananas, sprinkled with treacle sugar in the oven at 180°C until caramelised. Blend, pass through a sieve and cool. Add to the cream/egg mix and churn. Freeze until required.

Step 6: White Chocolate Espuma (optional)
550 ml cream
150 g egg yolks (7/8 egg yolks)
60 g sugar
300 g white chocolate

Scald cream. Cream yolks and sugar until light and fluffy. Add cream to yolks. Cook out slightly and pour over the chocolate and mix well until incorporated. Place in espuma gun and charge twice.

Serves approximately 30

Assembly:

Remove individual panna cottes from their moulds. Set each on a plate, serve with a scoop of ice cream, and, if including, the white chocolate espuma, marshmallows and honeycomb.
MEASUREMENT CONVERSION

Amarula is a rare find. Appreciate accordingly.
## Liquids

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pint = UK pint  
1 tot = 30ml = 1 oz = 3cl = 1 shot

## Oven Temperatures

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<td>220°C</td>
<td>425°F</td>
<td>7</td>
</tr>
<tr>
<td>230°C</td>
<td>450°F</td>
<td>8</td>
</tr>
<tr>
<td>250°C</td>
<td>475°F</td>
<td>9</td>
</tr>
</tbody>
</table>

## Weight

<table>
<thead>
<tr>
<th>Metric</th>
<th>Imperial</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 g</td>
<td>½ ounce</td>
</tr>
<tr>
<td>30 g</td>
<td>1 ounce</td>
</tr>
<tr>
<td>60 g</td>
<td>2 ounces</td>
</tr>
<tr>
<td>90 g</td>
<td>3 ounces</td>
</tr>
<tr>
<td>120 g</td>
<td>4 ounces</td>
</tr>
<tr>
<td>150 g</td>
<td>5 ounces</td>
</tr>
<tr>
<td>180 g</td>
<td>6 ounces</td>
</tr>
<tr>
<td>210 g</td>
<td>7 ounces</td>
</tr>
<tr>
<td>250 g</td>
<td>0.55 pounds</td>
</tr>
<tr>
<td>500 g</td>
<td>1.1 pounds</td>
</tr>
<tr>
<td>1 kg</td>
<td>2.2 pounds</td>
</tr>
</tbody>
</table>

## Volume

<table>
<thead>
<tr>
<th>Metric</th>
<th>Imperial</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ml</td>
<td>1 pinch</td>
</tr>
<tr>
<td>2 ml</td>
<td>¼ teaspoon</td>
</tr>
<tr>
<td>3 ml</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>5 ml</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>15 ml</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>80 ml</td>
<td>1/5 cup</td>
</tr>
<tr>
<td>170 ml</td>
<td>2/5 cup</td>
</tr>
<tr>
<td>250 ml</td>
<td>1 cup</td>
</tr>
<tr>
<td>315 ml</td>
<td>1 ¼ cup</td>
</tr>
<tr>
<td>375 ml</td>
<td>1 ½ cup</td>
</tr>
<tr>
<td>440 ml</td>
<td>1 ¾ cup</td>
</tr>
<tr>
<td>500 ml</td>
<td>2 cups</td>
</tr>
<tr>
<td>750 ml</td>
<td>3 cups</td>
</tr>
</tbody>
</table>

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