



The recipe booklet





The Prana Chai Story

In their four years traveling the globe, Vincent Conti and Mario Minichilli discovered authentic masala tea throughout Asia. Upon returning to Australia they opened a café in St Kilda and began developing a chai blend inspired by those they had fallen in love with in India. As they perfected their recipe, customers grew to love their chai and fate brought about a friendship with Koray Gencel. Prana Chai was born!

Prana Chai is handmade for you fresh each day in Melbourne by the Founders, Mario, Koray & Vincent. It is made with all natural ingredients with nothing artificial. It is made for you with love.

Vincent, Mario and Koray want you to enjoy Prana Chai as much as they do. In this booklet they share their tips on how to brew Prana Chai at home like a pro and provide you with six wonderful recipes made using Prana Chai. Yes, you can cook with Prana Chai too!





How to brew the perfect Prana Chai

ON THE STOVE TOP

1. Place two or three heaping teaspoons of Prana Chai into a Turkish pot.
2. Fill with one cup of your favorite milk. We recommend Soy or Almond.
3. Place over medium heat and stir until hot, just before simmering.
4. Pour chai through mesh strainer into tea cup and enjoy!

TIP For extra sweetness add a teaspoon of honey to the mix while stirring

TIP For video instructions please head to our website at us.pranachai.com

Chai poached pears with porridge

SYRUP

- 2 cups of water
- 1 cup of superfine sugar
- 2 tablespoons of Prana Chai, Masala Blend
- 4 pears, peeled and cored

PORRIDGE

- 1 cup of rolled oats
- 2 cups of water
- 2oz of toasted almond slivers
- 2oz of pepitas
- 4 tablespoons of natural yoghurt

PREP: 5 MIN | COOK: 20 MIN | COOLING TIME | SERVES: 4

1. Make the syrup by placing the water, sugar and Prana Chai in a medium saucepan over medium heat. Bring to just below a simmer then reduce heat, stir mixture and allow syrup to gently heat for 10 minutes.
2. Pour the syrup through a strainer into a saucepan large enough to fit the pears. Bring syrup to a boil, then place the pears standing up in the pot. Cover, return syrup to a boil, then reduce heat and simmer for 10 minutes with the lid on until pears are tender.
3. After 10 minutes, test the pears with a skewer. If they still feel too firm, simmer for up to another 10 minutes.
4. Remove from heat and allow to cool.
5. To make the porridge, combine the oats and water in a small saucepan. Bring to a boil, then stir constantly until you get the desired consistency (about 5 minutes). If using the microwave, cook oats as per packet instructions.
6. Remove from heat and divide the porridge into 4 shallow bowls.
7. Place a pear in the bowl beside the porridge, and add a dollop of yogurt and top with a sprinkling of toasted almonds and pepitas.
8. Drizzle the porridge and pear with the chai syrup and serve.





Chai and date quinoa bars GF

- ¼ cup almond slivers
- ¼ cup pepitas
- 1 cup quinoa flakes
- ½ cup rice malt syrup
- 2 tablespoons of Prana Chai, Masala Blend
- 2 tablespoons of butter, melted
- ½ cup of dried shredded coconut
- 1 pinch of salt
- ¼ teaspoon of ground cardamom
- 4 dates, chopped

PREP: 5 MIN | COOK: 10 MIN | FRIDGE: 60 MIN | MAKES: 12 BARS

1. Preheat oven to 320°F.
2. Line 2 baking trays with baking paper. Place the almond slivers and pepitas on one tray, and the quinoa flakes on the second tray.
3. Place both trays in the oven and cook for 5-10 minutes until they turn a light golden color. Remove from oven and leave to cool for 10 minutes.
4. Meanwhile, place the rice malt syrup and Prana Chai in a small saucepan and slowly bring to just below a simmer. Turn off the heat, stir well and allow to cool for 3 minutes before straining.
5. In a bowl mix the coconut, salt, cardamom, dates, almonds, pepitas and quinoa together. Add the syrup mixture and melted butter to the bowl and combine.
6. Line a 8" x 8" tray with baking paper, then press the mixture into the tray. Cover the top of the mixture with plastic wrap and press the mixture firmly into the tray to give it a nice flat surface.
7. Place the tray in the refrigerator and allow to set for an hour.

TIP if you are dairy free, simply omit the butter from step 5.

Flourless chai chocolate cake GF

- 2 tablespoons of Prana Chai, Masala Blend
- 5 eggs
- ¼ cup of milk
- 1½ cups of almond flour (ground almonds)
- 7oz of dark chocolate, chopped
- ½ teaspoon of ground cardamom
- ⅔ cup of butter, diced
- Cacao for dusting
- ¾ cup of superfine sugar

PREP: 5 MIN | COOK: 60 MIN | COOLING TIME | SERVES: 8-10

1. Preheat the oven to 340°F. Line an 8" springform round cake tin with baking paper.
2. In a small saucepan, place the Prana Chai and milk. Slowly bring to just below a simmer then turn off the heat, stir well and allow to sit for 3 minutes before straining.
3. Place a heatproof bowl over a saucepan of simmering water, place the chocolate, butter and sugar, and stir until melted and combined.
4. Separate the egg yolks from the whites. First whisk the egg yolks until pale and fluffy. Then, clean the beaters and whisk the egg whites in a separate bowl until you have soft peaks.
5. Fold the egg yolks into the chocolate mixture, then add the almond flour and cardamom until combined.
6. Gently fold the egg whites with the chocolate almond mixture, and pour into prepared cake tin.
7. Bake the cake for 40-50 minutes. Allow to stand for 10 minutes (or more), then remove sides from the tin and allow to cool before serving.





Chai apple muffins

- 2 tablespoons of Prana Chai, Masala Blend
- 1 cup of milk
- 2 cups of self-raising flour
- 1 cup of brown sugar
- 2 eggs
- ½ cup of olive oil
- 7oz of diced poached or tinned apples
- 1 tablespoon of butter, melted
- 1 tablespoon of raw sugar
- ½ teaspoon of ground cinnamon

PREP: 5 MIN | **COOK:** 40 MIN | **MAKES:** 6 LARGE OR 12 SMALL MUFFINS

1. Preheat the oven to 350°F. Place muffin liners in a muffin tin.
2. In a small saucepan, place the Prana Chai and milk. Slowly bring to just below a simmer then turn off the heat, stir well and allow to sit for 3 minutes before straining. Set aside to allow to cool (about 5 minutes).
3. In a large bowl, mix the flour and brown sugar.
4. In a separate bowl, whisk together the eggs, olive oil and strained Prana Chai milk.
5. Stir the egg mixture into the flour mix gently, then fold in the apples.
6. Pour the mixture into the muffin cases, filling them to $\frac{3}{4}$ full.
7. Place in the oven and bake for 20–25 minutes.
8. Remove from the oven and brush with melted butter. Combine the sugar and cinnamon then sprinkle on top of muffins while still warm.

Chai pannacotta with seasonal fruit

GF

- 2 tablespoons of Prana Chai, Masala Blend
- 2 tablespoons of honey
- 2 cups of thickened cream
- fruit of your choice
(passionfruit or summer fruit)
- 1½ sheets of gelatine leaves

PREP: 5 MIN | COOK: 20 MIN | OVERNIGHT CHILLING | SERVES: 4

1. Lightly grease 4 dariole moulds (or ramekins or glasses if using).
2. In a small saucepan, place the Prana Chai and cream. Slowly bring to just below a simmer then turn off the heat, stir well and allow to sit for 5 minutes before straining.
3. Soak the gelatine leaves in cold water for 5 minutes.
4. Return the strained cream to the saucepan, add the honey and bring to a boil.
5. Take the gelatine leaves from the water, squeezing any excess water, then whisk into the cream and honey mixture.
6. Place a tea strainer onto dariole moulds or ramekins, and strain mixture evenly into them.
7. Place the pannacotta in the fridge overnight.
8. Serve with sliced seasonal fruit and drizzle with passionfruit pulp (if available).





Chai banana cake

- 4 tablespoons of Prana Chai, Masala Blend
- ¼ cup of golden syrup
- ¼ cup of milk
- 2 eggs
- ½ cup of unsalted butter, softened
- 4–5 overripe bananas, mashed
- 1 cup of brown sugar
- 2 cups of self-raising flour

PREP: 5 MIN | COOK: 60 MIN + | MAKES: 10 SLICES

1. Preheat oven to 325°F. Grease and flour a loaf pan, and line the base with baking paper.
2. In a small saucepan, place the Prana Chai and milk. Slowly bring to just below a simmer then turn off the heat, stir well and allow to sit for 3 minutes before straining.
3. Cream the butter and sugar together in an electric mixer on medium speed until pale and fluffy. Add the golden syrup then the eggs, one at a time.
4. Add the bananas and chai milk, then lower the speed on the mixer to low and fold through the flour.
5. Once just combined, pour batter into the prepared loaf pan and bake in the oven for 50-60 minutes. Test with a skewer and remove when cooked.
6. Allow to cool, then serve with a Prana Chai latte. Also great toasted and served with ricotta.



How to Order

You can order Prana Chai online at us.pranachai.com/collections/shop

We invite you
to be part of our
Prana Chai community

Please follow us on Facebook where we share some more great recipes to cook with Prana Chai.

 PranaChai

Please post your creations also at Instagram using hashtags **#PranaChai** **#onlythegoodstuff**

 @PranaChai

For more information about Prana Chai please head to us.pranachai.com





PRANA CHAI

(ONLY THE GOOD STUFF)

