

**PRANA
CHAI**
(ONLY THE GOOD STUFF)

The recipe booklet





The Prana Chai Story

In their four years travelling 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 hand made 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 create the perfect Prana Chai Cold Brew

1. Fill up the tea strainer inside the glass flask with Prana Chai and place the tea strainer back into the glass flask.
2. Pour your favourite milk (we recommend Soy milk) through the strainer into the glass flask until it is covering the tea strainer. Shake well.
3. Place in the fridge for a minimum of three hours (we recommend you don't leave it in the fridge more than ten hours) and then serve.

TIP For extra strength leave overnight in the fridge (but not longer than 10 hours)

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





How to create the perfect Prana Chai Warm Brew

ON THE STOVE TOP

1. Place two or three heaped teaspoons of Prana Chai into a Turkish pot.
2. Fill with one cup of your favourite milk (we recommend Soy milk).
3. Stir until it is hot (but just before simmering).
4. Using a mesh strainer, pour your tea into your favourite tea cup.

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

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



PRANA
CHAI

MASALA
BLEND

100% NATURAL
ORGANIC TEA BLEND

250g

Prana Chai Recipes



Prana Chai pumpkin & tofu brûlée

- 1kg pumpkin
- 300g silken tofu
- 40g Prana Chai
- 200ml soy milk
- 4 tbsp caster sugar

PREP: 5 MIN | COOK: 60 MIN | SERVES: 6-8

1. Place Prana Chai and soy milk into chai pot, bring to simmer then turn off heat and let cool.
2. Cut pumpkin into 5 cm cubes.
3. Dry roast pumpkin on 180 degrees Celsius until soft (times may vary).
4. Once cool strain Prana Chai mixture into blender.
5. Add all other ingredients into blender. Mix until smooth.
6. Pour mixture into ramekin place in fridge and let it set over night.
7. Dust with coconut sugar and place under hot grill and caramelize sugar until light brown.
8. Pour mixture into ramekins and place in the fridge to set overnight.





Prana Chai rice pudding with orange sauce and sorbet

- 25g Prana Chai
- 1.2 litres Soy Milk (Bonsoy recommended)
- 120g Arborio rice
- Zest 1 whole orange
- 1 tbsp. vanilla essence
- 40g caster sugar
- 500ml orange juice
- 200g honey
- Coconut sorbet to serve

PREP: 5 MIN | **COOK:** 45-50 MIN | **SERVES:** 6

1. Place 25 grams of Prana Chai into a container with 1.2 litre of Soy Milk. Leave in fridge to infuse overnight. Strain Mixture.
2. Add Arborio rice, orange zest, vanilla essence and sugar to cold brew and bring to boil.
3. Turn heat down to simmer or low heat and cook for 40-50 minutes or until rice is cooked.
4. Once rice mixture is cooked leave aside to cool overnight in the fridge.
5. If mixture is too thick add some more milk.

ORANGE SAUCE

6. Add orange juice and honey together in a saucepan and cook until the liquid is reduced by half.
7. To serve spoon orange sauce over rice and add sorbet.

Prana Chai yoghurt and banana icy pole

- 400g sweet yoghurt
- 1 large ripe banana
- Juice of ½ lemon
- 50g Prana Chai
- 200ml soy milk (Bon Soy recommended)

PREP: 5 MIN | FREEZE: OVERNIGHT | SERVES: 6

1. Place Prana Chai and milk into chai pot, bring to simmer then turn off heat and let cool and strain.
2. Add all ingredients to blender and blend until smooth consistency.
3. Divide mixture into icy poles molds.
4. Place into freezer overnight and serve.

TIP

Blitz Prana Chai Granola (see p. 18) in a blender to a fine consistency and sprinkle over the icy poles before serving



FRESH
(NOT DRY)

**PRANA
CHAI
MASALA
BLEND**

ALL NATURAL
HAND MADE IN MELBOURNE

250g
(ONLY THE GOOD STUFF)



Prana Chai french toast with chai mascarpone and maple syrup

- 4 thick slices of brioche 2cm
- 120g Prana Chai
- 1 litre soy milk (Bonsoy recommended)
- 4 eggs (whisked)
- 100g maple syrup
- 400g mascarpone cheese
- 100ml water
- Butter for cooking

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

1. Place 100 grams of Prana Chai into a container with 1 litre of soy milk. Refrigerate overnight.
2. In the morning strain Prana Chai mixture from the soy milk.
3. Soak brioche on both sides in strained cold brew Prana Chai mixture.
4. Cover brioche in egg wash mixture.
5. Preheat a non-stick pan with knob of butter.
6. Fry brioche on both sides until golden brown.

PRANA CHAI MASCARPONE

7. Brew remaining Prana Chai in 100ml of water. Bring mixture to simmer then turn off heat, let cool and strain.
8. Mix Prana Chai syrup to mascarpone cheese and whisk until well combined.
9. To serve, add a generous dollop of Prana Chai mascarpone cheese and maple syrup onto French toast and serve warm.

Prana Chai granola parfait with yoghurt & strawberries

- 100g pumpkin seeds
- 100g sunflower seeds
- 100g almonds
- 100g cashews
- 50g coconut flakes
- 50g butter
- 20ml oil
- 50g Prana Chai
- 300ml water
- 200g honey
- 250g sweet yoghurt
- 1 punnet strawberries

PREP: 5 MIN | COOK: 45-60 MIN | SERVES: 6

1. Crush all nuts into small pieces by hand or in a blender. Don't overdo it!
2. Place Prana Chai and water into chai pot, bring to simmer then turn off heat and let cool.
3. Mix all ingredients in a mixing bowl.
4. Spread ingredients onto baking tray and roast at 160 degrees Celsius until brown and crunchy.
5. Place two tablespoons of yoghurt into bottom of glass, add granola, layer strawberries and repeat until glass is full.





Prana Chai ricotta pancakes with berry compote

PANCAKE

- 8 tbsp caster sugar
- 2 cups plain flour
- 1 tsp baking powder
- ½ tsp salt
- 1 cup ricotta cheese
- 3 eggs separated
- 1 whole egg
- 1 cup milk

- 40g Prana Chai
- 1 tsp vanilla essence
- Butter for cooking

COMPOTE

- 350g frozen mixed berries
- 200ml water
- 200g sugar
- Zest of 1 lemon
- 2 bay leaves

PREP: 5 MIN | COOK: 5 MIN | SERVES: 12

PANCAKE METHOD

1. Place Prana Chai and milk into chai pot, bring to simmer then turn off heat and let cool.
2. Mix all dry ingredients in bowl.
3. Once cool, strain Prana Chai mixture into separate bowl and add ricotta cheese, egg yolks and vanilla essence to milk.
4. Mix both mixtures together.
5. Separately whisk egg whites until stiff peaks form and fold into combined mixture.
6. Preheat non-stick pan add a knob of butter to the pan.
7. Spoon in pancake batter and cook until each side is light brown.

COMPOTE METHOD

8. Add sugar, water, bay leaves and lemon zest to saucepan and bring to the boil.
9. Add frozen mixed berries to saucepan stir through and let cool.



How to Order

You can order Prana Chai online at
www.pranachai.com/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 hash-tags **#PranaChai** **#onlythegoodstuff**

 @PranaChai

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





FRESH
(NOT DRY)

**PRANA
CHAI**

**MASALA
BLEND**

**ALL NATURAL
HAND MADE & BLENDED**

250g

(ONLY THE GOOD STUFF)