



The recipe booklet







## The Prana Chai Story

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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 brew the perfect Prana Chai

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### 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.

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

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**TIP** For video instructions please head to our website at [www.pranachai.com](http://www.pranachai.com)

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# Chai poached pears with porridge

## SYRUP

- 2 cups / 500ml of water
- 1 cup of caster sugar
- 2 tablespoons of Prana Chai, Masala Blend
- 4 pears, peeled and cored

## PORRIDGE

- 1 cup of rolled oats
- 2 cups / 500ml of water
- 50g of toasted almond slivers
- 50g 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 to high heat. Bring to the boil then reduce the heat and simmer for 10 minutes.
2. Strain the syrup into a saucepan large enough to fit the pears. Bring syrup to the boil, then place the pears standing up in the pot. Cover with baking paper, return to the boil, then reduce heat and simmer for 10 minutes with the lid on.
3. After 10 minutes test 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 the 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 into 4 shallow bowls.
7. Place a pear in the bowl beside the porridge, and add a dollop of yoghurt and top with a sprinkling of toasted almonds and pepitas.
8. Spoon over 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 (30g) of butter, melted
- ½ cup of desiccated coconut
- 1 pinch of salt
- ¼ teaspoon of ground cardamom
- 4 dates (70g), chopped

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

1. Preheat oven to 160°C.
2. Line 2 baking trays with baking paper, and place the almond slivers and pepitas on one tray, and the quinoa flakes on the second tray.
3. Place in the oven and cook for 5–10 minutes until they turn a light golden colour. 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 the boil. Turn off the heat and allow to cool for 5 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 then combine.
6. Line a 20cm x 20cm tray with baking paper, and then press the mixture into the tray. Cover the top of the mixture with cling film and press firmly into the tray to give a nice flat surface.
7. Place the tray in the refrigerator and allow to set for an hour.
8. Remove, trim edges and then cut into 12 bars.

**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 / 60ml of milk
- 150g of almond meal (ground almonds)
- 200g of dark chocolate, chopped
- ½ teaspoon of ground cardamom
- 150g of butter, diced
- cacao for dusting
- ¾ cup / 150g of caster sugar

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

1. Preheat the oven to 170°C. Line a 20cm springform round cake tin with baking paper.
2. In a small saucepan, place the Prana Chai and the milk. Slowly bring to the boil then turn off the heat and allow to sit for 10 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 eggs into yolks and whites, and whisk the egg yolks until pale and fluffy. Clean the beaters and then 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 meal and cardamom until combined.
6. Gently fold the egg whites with the chocolate almond mixture, then 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
- 200ml of milk
- 2 cups of self-raising flour
- 1 cup of brown sugar
- 2 eggs
- 100ml of olive oil
- 200g of diced poached or tinned apples
- 15g / 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 180°C. Place muffin cases in a muffin tin.
2. In a small saucepan, place the Prana Chai and the milk. Slowly bring to the boil then turn off the heat and allow to sit for 10 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, oil and strained milk.
5. Stir the egg mixture into the flour mix gently, then fold through 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
- 500ml / 2 cups of thickened cream
- fruit of your choice  
(passionfruit or summer fruit)
- 1½ sheets of gelatine leaves (3g)

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 the cream. Slowly bring to the boil then turn off the heat and allow to sit for 10 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 the 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
- 60ml of milk
- 100g of unsalted butter, softened
- 1 cup of brown sugar
- ¼ cup of golden syrup
- 2 eggs
- 4–5 overripe bananas, mashed
- 2 cups of self-raising flour

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

1. Preheat oven to 160°C. Grease and flour a loaf tin, and line the base with baking paper.
2. In a small saucepan, place the Prana Chai and milk. Slowly bring to the boil then turn off the heat and allow to sit for 10 minutes before straining.
3. Cream the butter and sugar together in an electric mixer on medium setting until pale and fluffy. Add the golden syrup then the eggs, one at a time.
4. Add the bananas, 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 chai latte. Also great toasted and served with ricotta.





## How to Order

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You can order Prana Chai online at  
[www.prana-chai.com/shop](http://www.prana-chai.com/shop)

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to be part of our  
Prana Chai community

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 PranaChai

Please post your creations also at Instagram using hash-tags **#PranaChai** **#onlythegoodstuff**

 @PranaChai

For more information about Prana Chai please head to  
[www.prana-chai.com](http://www.prana-chai.com)







# PRANA CHAI

(ONLY THE GOOD STUFF)

