

## CHOCOLATE CAKE

16 slices

400g white flour  
18g baking powder or tartaric acid  
1/4 tsp white sea salt  
25g cocoa  
90g corn or sunflower oil  
125g rice syrup  
380g rice- or oat amazake  
300ml orange juice  
125g raisins  
100g roasted hazelnuts  
grated rind from 1 orange

3 bowls  
3 tsp.  
3 Tbsp.  
9 Tbsp.  
5 Tbsp.  
.1 jar  
nearly 1 jar  
1 bowl  
2/3 bowl  
1 orange

1. In a bowl mix the flour, baking powder, grated orange rind, salt and cocoa powder
2. Add the oil, amazake, washed raisins, syrup and roasted hazelnuts and the orange juice until you have a thick pourable batter
3. Oil a cake tin and pour in the batter until 75% full
4. Bake for 60- 70 minutes at 175-180 °C (gas mark 5)
5. Bake the cake in the middle of the oven and cover, if needed, with baking foil after 30 minutes to prevent it drying out

## PEACH SHAKE

3 or 4 glasses

190g rice or millet amazake  
350ml water  
60g rice syrup  
200g peaches  
a pinche of white sea salt

1/2 jar  
1 jar  
2 Tbsp.  
3 peaches

1. Mix the amazake with water and salt and heat
2. Turn off the flame, add the peach and orange juice and blend
3. Serve hot or chilled

## BANANA SHAKE

3 glasses

190 g rice- or millet amazake  
350 ml water  
60 g rice syrup  
a few drops of vanilla extract or a pinch of vanilla powder  
2 pinches of sea salt  
100 g banana

1/2 jar  
1 jar  
2 Tbsp.  
1 big banana

1. Mix amazake with water, salt, syrup and vanilla and bring to a boil, then sieve to remove amazake fibres
2. Cut the banana into small pieces and blend into the amazake mix
3. Return to a low heat for 2 minutes to allow the flavours to blend
4. Return to a low heat for 2 minutes to allow the flavours to blend

## CURRANT CUSTARD

4 or 5 portions

380g rice, millet or oat amazake  
350ml water or soymilk  
a pinch of white sea salt  
20g washed currants  
10g corn flour or kuzu  
+ a little water to dissolve  
1/4 tsp.  
juice squeezed from freshly grated ginger

1 jar  
1 jar  
1 handfull  
1 Tbsp.

1. Bring the amazake, water, currants, ginger juice and salt to a boil whilst stirring
2. Dissolve the corn flour or kuzu in a little cold water then add to the hot mix and stir until thick
3. Garnish with the roasted chopped hazelnuts
4. Tip: You can replace the gingerjuice by 1/4 tsp. of grated mandarin peel for variety

Measures:

1 Tbsp.= 1 tablespoon/ 1 tsp. = 1 teaspoon

## PRODUCT INFORMATION

Amazake Basic Dessert Rice:

Ingredients: water, 27% brown rice\*, 17% koji\* (rice\*, aspergillus oryzae), 0,2% white seasalt  
Analyses: Energy (per 100 g)146 kcal/618 kJ Protein 2,9 g/Carbohydrates 32,8 g/ Fat 0,3 g

Amazake Basic Dessert Millet:

Ingredients: water, 24% millet\*, 17% koji\* (rice\*, aspergillus oryzae), 0,2% white seasalt  
Analyses: Energy (per 100 g)121 kcal /510 kJProteine 3,2 g/ Carbohydrates 28 g/ Fat 1 g

Amazake Basic Dessert Oat:

Ingredients: water, 24% oat\*, 15% koji\* (rice\*, aspergillus oryzae), 0,2% white seasalt  
Analyses: Energy (per 100 g)127 kcal/ 536 kJ  
Proteine 3,8 g/ Carbohydrates 24 g/ Fat 1,7 g

\* = Organically grown / GMO free

Free from dairy, animal proteins and fats, cholesterol, oil, soy, added sugars, artificial sweeteners, artificial enzymes, preservatives, colouring agents, gluten.\* (except Basic Amazake Dessert Oat\*).

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# INFO & RECIPES

RYORIDO



# AMAZAKE Basic Dessert



# AMAZAKE BASIC DESSERT



## THE SWEET SECRET OF TRADITIONAL JAPAN

An amazing light and creamy sweet dessert made from rice, millet or oat.

Use straight out of the jar as a pudding or topping on fruits, cakes, pancakes, etc.

Makes delicious sugar-free desserts, puddings, dressings, shakes and sorbets, cakes and muffins, pies and pastries.

Easy haute de cuisine in your natural kitchen!

Amazake Basic Dessert is produced according to the traditional Japanese method which involves converting organic wholegrain cereals into simpler natural sugars.

Amazake Basic Dessert does not contain added sugar, dairy products, preservatives, colouring agents, cholesterol or \*gluten, is 100% organic and veganistic.

\* except for Amazake Basic Dessert Oat

## MORE INFO & RECIPES:

[www.amazake.nl](http://www.amazake.nl)



PRODUCED SINCE 1981 BY RYORIDO IN TRADITIONAL JAPANESE STYLE

## HISTORY

Since 1981 Ryorido produces organic amazake in the Japanese traditional style.

Amazake, literally translated: 'sweet sake', is the first step for making sake. It is the first alcohol free stage of the sake production.

Natural enzymes convert the complex carbohydrates of rice into simple sugars. Further fermentation results in products like sake and ricevinegar.



## PRODUCTION

Cooked rice, millet or oat is mixed with rice koji. In the following process the grain starch is converted into long- and short-chain sugars.

The result is a delicious sweet cream, which is put into jars. At the end of the process it still contains all the minerals, fibres, fats and proteins from the grain.

This gives Amazake Basic Desserts a soft, full, creamy sweet taste and is the sweet secret of amazake.

## TRADITIONAL

Rice koji is steamed rice that is mixed with the spores of the *A.oryzea* culture.

The right amount of heat, oxygen and moisture promotes the growth of the micro-organisms (this process is more or less identical to tempeh production). The cultivation of enzymes in this process is the secret of hand-crafted amazake production and the result of many years of skill and experience.



## RECIPES

### COOL ORANGE SHAKE

3 or 4 glasses

190g rice or millet amazake  
250ml orange juice +  
100ml carrot juice or water  
a pinch of white sea salt

1/2 jar  
together  
is 1 jar

1. Mix all ingredients and heat (avoid boiling) whilst stirring to blend the flavours
2. Sieve, If you want, to remove any amazake fibres
3. May be served either hot or cold

### HOT GINGER DRINK

3 or 4 glasses

190g rice amazake  
270ml water  
1 pinch of sea salt  
1/4 á 1/2 tsp. juice squeezed from freshly grated  
ginger root

1/2 jar  
3/4 jar

1. Mix amazake, water and salt and bring to a boil
2. Sieve, if you want, to remove any amazake fibres then stir in the ginger juice
4. Serve hot, so this drink stimulates your circulation, making you feel warm and relaxed

### SWEET APPLE LEMON CUSTARD

4 or 5 portions

380g rice or millet amazake  
350ml apple juice  
100ml water  
juice of 1/2 lemon  
10 g corn flour or kuzu  
+ a little water to dissolve  
a pinch of white sea salt  
strawberry and kiwi slices to garnish

1 jar  
1 jar  
1/3- 1/4 jar  
1 Tbsp.

1. Mix all the ingredients except for the corn flour and bring to a boil whilst stirring
2. Dissolve the corn flour or kuzu in a little cold water then add to the hot liquid stirring until thick
3. Garnish with a few slices of kiwi and strawberry