

## GINGER DRINK

3 OR 4 GLASSES

190g rice amazake 1/2 jar  
270ml water 3/4 jar  
pinch of white sea salt ¼ tsp  
1/4 á 1/2 tsp. juice squeezed from freshly  
grated ginger root

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
3. Serve hot, so this drink stimulates your circulation, making you feel warm and relaxed

## DOUGHNUTS

9 DOUGHNUTS

150 g white flour 1 bowl  
100 g bolted flour cold pressed oil 2/3 bowl  
100 g rice, millet or oat amazake 1/4 jar  
60 g raisins 1 handfull  
150 ml water ½ jar  
a pinch of cinnamon  
9 g baking powder or tartaric acid 1½ coffeesp.  
1/4 tsp white sea salt  
¾ litre sunflower oil to fry

1. Mix flour, salt, baking powder and cinnamon
2. Stir in the oil
3. Add the other ingredients and knead for 5 minutes until the dough gets firm and form rings
4. Deep-fry in sunflower oil at 180°C on both sides until they get lightly brown (about 3 minutes each side)
5. Serve with strawberry jam or chocolatepaste

## CORN DOUGHNUTS

9 DOUGHNUTS

150g white flour 1 bowl  
100g sweet corn flour 2/3 bowl  
20g cold pressed oil 2 Tbsp  
100g rice, millet or oat amazake 1/4 jar  
150ml water ½ jar  
120g finely chopped dried apricots  
grated rind of ½ orange  
9g baking powder or tartaric acid 1½ coffeesp.  
1/4 tsp white sea salt  
¾ litre sunflower oil to fry

1. Mix flour, salt, baking powder and cinnamon
2. Stir in the oil
3. Add the other ingredients and knead for 5 minutes until the dough gets firm and form rings
4. Deep-fry in sunflower oil at 180°C on both sides until they get lightly brown (about 3 minutes each side)
5. Serve warm covered with marmelade of chocolatepaste



# SHAKES & DONUTS

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# AMAZAKE Basic Dessert

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## 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

½ jar  
together  
1 jar

1. Mix all ingredients and heat whilst stirring to blend the flavours
2. Sieve, If you want, to remove any amazake fibres
3. Serve hot or chilled

## PEACH SHAKE

3 OR 4 GLASSES

190g rice or millet amazake  
350ml water  
175ml orange juice  
3 peaches, peeled and cut in pieces  
a pinch of white sea salt

½ jar  
1 jar  
1/2 jar  
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

## STRAWBERRY SHAKE

6 GLASSES

380g rice or millet amazake  
525ml water  
300g strawberries  
30g rice syrup  
a few drops of vanilla extract or a pinch of  
vanilla powder  
2 pinches of white sea salt

1 jar  
1½ jar  
1 box  
1 Tbsp

1. Mix amazake with water, salt, syrup and bring to a boil
2. Pour through a sieve to remove amazake fibres, add the strawberries and blend
3. Return to a low heat for 2 minutes to allow for the flavours to blend
4. Serve hot or chilled
5. Serve with some sugarfree vanilla or strawberry icecream

## BANANA SHAKE

3 GLASSES

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

½ 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

## FRUIT SHAKE

3 GLASSES

380g rice-, millet or oat amazake  
525ml mixed fruit juice  
175ml water  
a pinch of white sea salt

1 jar  
1½ jar  
½ 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. Serve ice cold with a small scoop of sugar-free vanilla or strawberry ice cream

## CHOCOLATE SHAKE

3 OR 4 GLASSES

190g rice- or millet amazake  
350ml water  
30g rice syrup  
50g carob nut spread  
a pinch of white sea salt

½ jar  
1 jar  
1 Tbsp  
1½ Tbsp

1. Mix all the ingredients and bring to a boil
2. Simmer for 2 minutes to allow the flavours to blend
3. Serve ice cold with a small scoop of sugar-free vanilla ice cream

## BANANA MOUSE WITH CHOCOLATE DRESSING

4 PORTIONS

### Banana Mouse:

190g rice, millet or oat amazake  
175ml orange juice  
90ml water  
100g banana  
a pinch of white sea salt  
a few slices of banana to garnish

½ jar  
½ jar  
¼ jar  
1 big banana

1. Mix amazake with salt, water and orange juice 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. Simmer for 2 minutes to allow the flavours to blend
4. This mouse tends to be more liquid when still warm and than can be served as a sorbet
4. After cooling down the substance will become stiff and is delicious to serve in combination with chocolate dressing

### Chocolate sauce:

190g amazake of your choice  
300ml water  
10g cocoa  
60g rice syrup  
40g white almond spread  
10g corn flour or kuzu  
+ a little water to dissolve  
a pinch of white sea salt

½ jar  
¾ jar  
2 Tbsp  
2 Tbsp  
2 Tbsp  
1 Tbsp

1. Dissolve the cocoa powder in water and mix together with the other ingredients, except the corn flour, and bring to boil whilst stirring
2. Dissolve the corn flour in a little cold water then add to the hot liquid and stir until thick
3. Serve on Vanille Pudding, Cake or Muffins