

**Amazing! : organic amazake recipes : naturally sweet rice drink or dessert /
Clearspring Ltd.**

Contributors

Clearspring Ltd.

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FREE

Amazing !

ORGANIC
AMAZAKE
RECIPES



*naturally sweet
Rice Drink
or Dessert*

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AMAZAKE

A HEALTHY WHOLEFOOD

*Amazake not only tastes good,
it's also healthy, containing all
the goodness of organic brown rice.*

*For, unlike most sweeteners,
nothing has been removed to deplete the
nutrition of the original whole grain.
The starches have simply been reduced
into more digestible natural sugars*



NUTRITIONAL ANALYSIS

*Clearspring Organic
Brown Rice Amazake*

per 100g serving portion

WATER.....	63.5g
FAT.....	0.3g
PROTEIN.....	2.9g
MINERALS.....	0.5g
CARBOHYDRATES.....	32.8g
ENERGY.....	146 kcal/618 kJ

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Delicious Amazake Recipes

from the kitchen of Montse Bradford

Clearspring Amazake is cooked and ready to use.

Enjoy Amazake

AS A DRINK

Dilute with equal parts water and serve hot with ginger or cinnamon as a winter warmer, or serve cool in summer with grated orange rind.

AS A DESSERT

Use straight from the jar, or simply heat, for a smooth, sweet and satisfying pudding. For variety, serve sprinkled with some chopped toasted nuts or your favourite crunchy cereal.

AS A TOPPING

Amazake makes a healthy, tasty and cholesterol-free alternative to milk and cream for topping your breakfast cereals, pies and desserts. And it's naturally sweet !

AS A SWEETENER

Try using Amazake instead of your usual sweetener in baking and making desserts. Discover its qualities and enjoy experimenting !

AMAZAKE MOUSSE serves 3-4

Delightfully rich and creamy without any dairy ingredients !

1 x 350g jar amazake
1 x 350g jar water
Pinch of sea salt
1 Tbs grated orange rind
1/2 cup concentrated apple juice or malt syrup sweetener
1 - 2 Tbs hazelnut butter or 1/2 cup chopped nuts
2 Tbs arrowroot or kuzu (recommended)

Dilute the amazake with the water in a saucepan. Add the salt, orange rind and sweetener. Bring to a boil, stirring and using a flame spreader to prevent burning. Add the nut butter and dissolve into the mixture, or add the chopped nuts. Dilute the kuzu or arrowroot in a small amount of cold water and add to the mixture stirring until it becomes thick. Pour into a serving bowl and leave to cool. Serve with slices of seasonal fresh fruit (tangerines, strawberries, peaches, blackcurrants etc.) as a decorative topping.

This recipe also makes a delicious topping for a Trifle.

AMAZAKE CAROB SHAKE serves 3-4

This rich, milk-free shake is popular with everyone !

1 x 350g jar amazake
1 x 350g jar water
2 Tbs carob powder or carob spread
Malt syrup (optional - as desired for a sweeter taste)
Pinch sea salt

In a saucepan mix the amazake and water until smooth and creamy. Heat and add the carob and salt until dissolved. Add the extra malt sweetener if desired and mix well in. Drink hot or leave to cool for a special treat.

Instead of carob, add strawberries, then blend and cool in the fridge for a refreshing drink.

AMAZAKE PANCAKES makes 6-10

1 cup 80% or sifted wholewheat flour
2 Tbs arrowroot
1 Tbs baking powder (optional - makes lighter and fluffier)
1 cup amazake
3 cups water
Vanilla extract - a few drops
Pinch sea salt
Unrefined vegetable oil

Sift the flour, arrowroot and baking powder (optional) into a bowl. Blend the amazake, water, vanilla and salt together, then carefully beat this liquid mix into the flour to make a batter. This should be smooth and easily pourable, so adjust water as necessary. Brush a small amount of oil onto a thick frying pan and heat. Pour enough batter onto the pan to form your desired size pancake. Avoid making too thick. Cook one side, then flip over and briefly cook the other side. Repeat with other pancakes to use up the batter, keeping cooked pancakes covered with a cloth to keep moist until ready to eat. Serve with your favourite topping !

IDEAS FOR TOPPINGS -

Malt syrup with lemon juice & cinnamon/No-added-sugar jams
Pure fruit juice concentrates/Fresh fruit with malt syrup

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AMAZAKE

SOMETHING SPECIAL

Amazake is rich and creamy and surprisingly sweet, yet it's made from just organic brown rice. The rice has been cooked and a special culture (called koji) introduced that reduces the starches of the grain into their own natural sugars.

Amazake is smooth, sweet and satisfying—the perfect healthy dessert.

It's amazing !

●

A TRADITIONAL RECIPE

Amazake is one of the world's best kept wholefood secrets. Enjoyed for centuries in the Far East, it is now made locally for Clearspring on a small craft scale using the original recipe.

Illustrations are taken from the Book of Miso by Shurtleff showing traditional koji preparation for amazake in Japan

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AMAZAKE

is available -

in glass jars

as a ready-to-eat pudding

ORGANIC BROWN RICE AMAZAKE 350g

ORGANIC BROWN RICE AMAZAKE 700g

ORGANIC RICE & MILLET AMAZAKE 350g

in ready to drink tetrapaks

(Grainaissance brand)

AMAZAKE ORIGINAL FLAVOUR 227g

AMAZAKE ALMOND SHAKE 227g

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SOYA SAUCES - AMAZAKE

UMEBOSHI - MALT SYRUPS

JAPANESE TEAS - NOODLES

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