



## Recipes @ [www.African-Tradition.com](http://www.African-Tradition.com)

### Amarula and Chocolate-Covered Strawberries

#### Ingredients:

- 1 12-ounce package of semisweet chocolate chips
- 3/4 cup half and half cream
- 1 to 2 tablespoons Amarula
- 60 large, fresh strawberries, rinsed and patted dry with stems left intact

#### Method:

1. In the top of a double boiler, over hot water, slowly melt chocolate.
2. Add cream, stirring until smooth.
3. Remove from heat and blend Amarula until completely mixed into chocolate.
4. Hold each berry by stem, swirl in chocolate to partially cover.
5. Place on waxed paper-lined cookie sheet.
6. Place in refrigerator until chocolate is set.
7. Transfer fruit onto a serving platter.

### Unforgettable Kenya Amarula Mocha Truffles

This recipe was contributed by Iris Hunt of [The Mount Kenya Wildlife Conservancy](http://www.mountkenyawildlifeconservancy.org) in Kenya. At the heart of the project is the [Animal Orphanage](http://www.animalorphanagekenya.com), a privately funded facility for the care and rehabilitation of wild animals - many of them orphaned by poachers. Iris has worked for more than 35 years to protect and restore endangered species such as the Bongo Antelope.

[www.animalorphanagekenya.com](http://www.animalorphanagekenya.com)

Amarula Cream will give your truffles that unique and distinct exotic fruit flavor, unforgettable! The Marula Tree is also known as the "Elephant tree," because our jungle giants gorge themselves on the Marula fruit when it ripens in February-March. And they too never forget the flavor!! - Iris Hunt

You will need (for approximately 40 truffles)

- 12 ounces best bittersweet chocolate
- ½ cup of heavy double (whipping) cream
- 2 ts granulated instant coffee
- 1 ts hot chocolate powder
- 2 ts Amarula Cream Liqueur
- 1 cup crushed Graham crackers, or chocolate granules

#### Preparations:

1. Grate the Chocolate and melt it together with the coffee granules and the cream in a saucepan slowly stirring until melted and blended over low heat.
2. Remove from heat and whisk in the Amarula Cream Liqueur.
3. Remove mixture to glass or porcelain dish and refrigerate covered until it is thick and fudgy, about 2 to 3 hours.
4. Now make small one inch or larger balls by rolling them in the palms of your hands and set aside on waxed paper.
5. Roll the balls in the crumbs or chocolate granules and place individually into candy cases. Keep in a sealed container in the fridge at least overnight or until needed.

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## Wolfgang Puck's Dolce D'Amarula Fantasia

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Have a sweet tooth? Try this delectable dessert from **Chef Wolfgang Puck!**

### Cheese Cake

- 2 lbs cream cheese
- 8 oz Mascarpone cheese
- 1 3/4 cup granulated sugar
- 4 fresh Grade A large eggs
- 3 tsp pure vanilla extract
- 4 oz Amarula cream
- 8 oz graham cracker crumbs
- 4 oz melted butter

### Caramel Swirl

- 1 cup granulated sugar
- 1/2 cup water
- 3 oz butter
- 5 oz fresh cream

1. Preheat oven to 350 degrees. Lightly spray a 10-inch springform pan with cooking spray and set aside.
2. In a mixing bowl, stir in the melted butter with the graham cracker crumbs just until they become moist. Put enough crumbs in the pan to fill the bottom. Press firmly and put in the oven for 10 minutes. Take out and allow to cool.
3. To make the caramel, place the sugar and water in a saucepan over medium heat and begin stirring. Once sugar is dissolved, increase heat to medium/high and boil until mixture becomes amber in color. Stir in the butter and then cream (slowly). Set aside.
4. With a mixer, beat the cream cheese and sugar; add the mascarpone. Add the eggs one at a time. Add the vanilla and Amarula Cream liqueur.
5. Pour the cheesecake mixture into the prepared cake pan and, using a knife or toothpick, take the caramel and swirl around cheesecake batter. (Do not try to even the batter by dropping pan on counter!)
6. Wrap bottom and sides of pan in aluminum foil and put into water bath. Bake at 350 degrees for 30 minutes, or until the middle is set.
7. Remove cheesecake to counter and let cool. Place in refrigerator for 2-3 hours to set completely. Serve with chocolate sauce, fresh berries, and fresh whipped cream.

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## Amarula Cream Liqueur Drink Recipes

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### Springbok

- 3/4 oz Creme de Menthe
- 1/4 oz Amarula Cream Liqueur
- Dash of Cream

Pour Creme de Menthe into a shot glass. Layer the Amarula gently over the Creme de Menthe. Add layer of Cream.

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### Rhino

- 2 cl Kahlua Coffee Liqueur
- 2 cl Amarula Cream Liqueur
- 2 cl Cointreau

Layer ingredients, in order, into a shot glass. Ignite, burn for a few seconds, and extinguish. Serve.

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### Mala Mala

- 125 ml vanilla ice-cream
- 25 ml Amarula Cream Liqueur
- 25 ml Brandy

Combine all the ingredients in a blender. Blend until smooth. Pour into a glass and garnish.

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### **Gumdrop Cocktail**

- 2 oz Amarula Cream Liqueur
- 1 oz Butterscotch Schnapps
- 2 oz Cream
- 1 dash Blue Curacao

Pour the amarula cream liqueur, cream and butterscotch schnapps into a cocktail shaker half-filled with ice cubes. Shake well. Strain into a chilled cocktail glass and pour a dash of blue curacao down two opposite sides of the glass (using a teaspoon).

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### **Amarula Dom Pedro**

- 150 ml Vanilla ice-cream
- 25 ml Thick cream
- 2 tots Amarula Cream Liqueur

Combine all the ingredients in a blender/shaker. Blend well. Pour into a glass and garnish.

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### **Swinging Safari**

- 2-3 ice cubes
- 15 ml Vodka
- 40 ml Cointreau
- 80 ml Amarula Cream Liqueur

Combine all the ingredients in a blender. Blend until smooth. Pour into a glass and garnish.

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### **Kilimanjaro**

- 125 ml Vanilla ice-cream
- 25 ml Amarula Cream Liqueur
- 10 ml Peppermint liqueur

Combine all the ingredients in a blender. Blend until smooth. Pour into a glass and garnish.

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### **South African Smoothie**

- 1 ½ oz Amarula Cream Liqueur
- 1 small banana
- Chocolate ice cream

Blend all ingredients in a blender on high power until smooth. Pour into a collins glass, garnish with chocolate shavings and a cherry, and serve.

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### **Elephant Shake**

- 3 - 4 scoops Vanilla ice cream
- 1 cup milk
- 2 shots Amarula Cream Liqueur

Combine all the ingredients in a blender. Blend until smooth. Pour into a glass and enjoy this unique a tasteful shake. Remember this is definitely not for kids!

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### **African Lullaby**

- 4 cl Amarula Cream Liqueur
- 1 cl Coconut Milk
- 8 cl Milk
- 2 dashes Nutmeg

Combine all ingredients in a blender with one cup crushed ice. Pour into a beer pilsner, garnish with a red cherry, and serve.

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### Amarula French Toast

- 1 1/2 oz Amarula Cream
- 1/2 oz Appleton Estate VX Jamaica Rum
- 1/2 oz Milk

Combine ingredients over ice in cocktail shaker, shake, and pour into glass. Lightly dust with cinnamon and swirl with cinnamon stick or straw.

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### The "Official Drink of Aspen," the Aspen Sugar Daddy!

In 2004, the Sugar Daddy clobbered such concoctions as the Aspendisiac and the Aspen Mixtreme to take the championship belt at the second annual Aspen Cocktail Classic.

- 2 oz. Finlandia vodka
- 1 oz. Amarula Cream Liqueur
- 1 oz. Cointreau
- 1/2 oz. pomegranate juice
- Pomegranate concentrate
- Sugar
- Fresh lime

Shake vodka, Amarula, Cointreau, and juice with ice. Rim a martini glass with pomegranate concentrate and sugar. Garnish with lime wedge.

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### Amarula Cappuccino

- 1 1/2 oz. Amarula Cream Liqueur
- 4oz. Coffee or Cappuccino

Add Amarula to coffee or cappuccino. Garnish with orange twist.

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### Cape Brandy Pudding

This favorite Cape classic is one of the best-known traditional recipes. Brandy was first distilled from Cape grapes in 1672 and named "fire water." Today South African brandy is a far cry from the first rough attempts produced by a humble ship's cook. This Cape Brandy Pudding recipe serves six.

- 5 ml (1 tsp) bicarbonate of soda
- 250 g dates, stoned and finely chopped
- 250 ml boiling water
- 125 g (1/2 cup) butter
- 500 ml (2 cups) sugar
- 2 eggs, beaten
- 500 ml (2 cups) cake flour
- 5 ml (1 tsp) baking powder
- 2 ml (1/2 tsp) salt
- 250 ml (1 cup) finely chopped walnuts or pecan nuts
- 15 ml (3 tsp) butter or margarine
- 150 ml water
- 125 ml brandy
- 5 ml (1 tsp) vanilla essence
- 1 ml (1/4 tsp) salt

1. Add bicarbonate of soda to 125 g dates and pour boiling water over. Mix well and leave to cool.
2. Cream 125 g butter and 250 ml (1 cup) sugar and beat in eggs. Mix well.
3. Sift flour, baking powder and 2 ml (1/2 tsp) salt over creamed mixture and fold in.
4. Add remaining dates and nuts, mixing well.
5. Stir in date mixture. Mix thoroughly, then turn batter into a large baking dish and bake at 180 degrees Celsius until done, about 40 minutes.
6. Heat remaining butter, sugar, and water for 5 minutes.
7. Remove from stove and stir in brandy, vanilla essence and salt.
8. Pour over pudding as soon as it is done. Serve hot or cold with whipped cream. May also be served topped with Amarula cream liqueur. Or serve with Almond Ice Cream and Strawberries, as shown in the photo.

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## Yellow Rice with Raisins

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### Ingredients:

- 250 ml rice
- 600 ml litre boiling water
- 10 ml butter or margarine
- 2.5 ml salt
- 5 ml turmeric
- 10 ml honey
- 200 ml seedless raisins

### Method:

1. Combine the rice, water, turmeric and salt in a 2-3 litre dish.
2. Cover with clingwrap, pierce, and cook on High for 10 minutes.
3. Stir in the raisins and cook on High for another 5 minutes.
4. Tip into a sieve and rinse in cold running water.
5. Return the rice to a clean dish, stir in the butter and honey.
6. Reheat on High for 5 minutes, stirring once.

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## Oxtail Potjie

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The secret is to cook it in a cast iron pot. Oxtail Potjie - probably the tastiest potjie recipe.

### Ingredients

- 500g Oxtails cut 2 inches thick pieces
- 10 slices Bacon cut in 1 inch pieces
- ½ cup Flour seasoned with salt and pepper
- 1 litre beef stock
- 1 can tomato paste
- 1 Bay leaf
- 6 black peppercorns
- 1 bouquet garni
- 6 large leeks, chopped coarsely
- 2 large onions, chopped coarsely
- 6 large carrots, chopped coarsely
- 20 button mushrooms
- 1 cup red wine
- ½ cup sherry
- ½ cup cream
- 2 tablespoons butter
- 2 tablespoons olive oil
- 2 tablespoons crushed garlic

### Method

1. Dry oxtails with paper towel.
2. Put seasoned flour in a Ziplock bag, then add the Oxtail and shake to coat with flour.
3. Heat butter and olive oil and sauté bacon pieces.
4. Remove bacon and brown Oxtail in resulting fat, remove and drain.
5. Finely dice 4 of the carrots. Coarsely chop the onions and the leeks.
6. Add the finely diced carrots, leeks, onions and sauté until softened
7. Add Oxtail, bacon, bouquet garni, bay leaf, peppercorns, garlic, tomato sauce, red wine, sherry.
8. Bring slowly to a boil and cook slowly for 3 - 4 hours.
9. 1 hour before serving cut the remaining carrots into 1 inch pieces, add them and mushrooms and continue cooking slowly.
10. Just prior to serving, add cream and stir in.
11. If you want to thicken the sauce mix some cornstarch with the cream before adding.