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UNAPOLOGETICALLY REAL

NO ADDITIVES | NO SUGAR | NO DILUENTS | VEGAN FRIENDLY

Dragon Fruit Margarita

1 ½ ounces tequila

Blended Dragon fruit juice

1 Table spoon Raga Virgin Kithul Syrup

1 ounce Triple Sec or Cointreau or Grand Marnier

½ ounce freshly squeezed lime juice

Plenty of salt for glass, optional

Ice cubes, optional

Balled dragon fruit for garnish, optional

Salt your glass (optional):

Pour some salt into a wide bowl or small dish.

Apply some kithul syrup on the rims of the margarita glasses and rolled on salt

Fill the glass with some fresh ice and set aside.

(Skip the ice if you like your margarita straight up.)

Make the cocktail:

Place the tequila, Raga Virgin Kithul syrup,

blended Dragon fruit juice,

and lime juice in a cocktail shaker filled with ice.

Shake for 10 - 20 seconds, and then strain into a prepared cocktail glass. Garnish with balled Dragon fruit if desired.

Recipe by: Kishani Victoria

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Grilled Chicken with Raga Virgin Kithul Syrup

8 Chicken thighs or 12 chicken wings
1 tbsp chillie flakes
2 tbsp soy sauce
1 tbsp oyster sauce
½ tsp pepper powder
1 tsp ginger chopped
1 tsp garlic chopped
1 tbsp tomato sauce
2 tbsp Raga Virgin Kithul Syrup
Salt to taste
Spring onion / coriander leaves to decorate

Mix all the sauces, ginger, garlic, chillie flakes and Raga Virgin Kithul Syrup and salt to taste.
Marinate the chicken for 6 hours.
Grill until chicken turns dark brown.
Sprinkle spring onion or coriander leaves on top and serve.

Recipe By: Mrs. Sujeewa Vithana FCHSGA
(Fellow Ceylon Hotel School Graduates Association)



Vinaigrette dressing:

Ingredients:

6 tbsp Raga Virgin Kithul Syrup

4 tbsp lime juice

2 tsp garlic powder

Freshly ground black pepper and salt to taste

Put all ingredients in a clean empty jar and give it a good stir with a wooden or plastic spoon, pour on to your salad only just in time to serve.

Recipe by: Kishani Victoria



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Kithul Agar Agar Pudding

10g Agar Agar/China Grass or Unflavoured Gelatine

$\frac{3}{4}$ Cup Water

2 Cups Coconut Milk/Fresh Milk

$\frac{1}{4}$ cup Raga Virgin Kithul Syrup

Crushed cardamom powder

Soak China Grass or Gelatine in $\frac{3}{4}$ Cup Water for at least 15 Minutes

Transfer this mixture to a saucepan and boil on low till the Agar Agar has completely dissolved. Add some cardamom powder for more flavour Add Milk and Raga Virgin Kithul Syrup.

Do not let it boil over. When it reaches boiling point, switch off flame and strain into a heat proof dish to set

Once it's completely set you can cut through and enjoy with a drizzle of more Raga Virgin Kithul Syrup and Crushed Nougat

Recipe By: Nuzrath Shazeen Nazimudeen



[mylankanfoodjournal](https://www.instagram.com/mylankanfoodjournal)



Bread Pudding

6 slices bread
3 eggs
2 cups coconut milk
¼ tsp nutmeg & ½ tsp vanilla
2 tbsp butter
5 tbsp Raga Virgin Kithul Syrup
½ tsp salt

Beat the eggs and mix with the coconut milk, nutmeg & vanilla. Butter the bread and cut into required shape and arrange in an oven proof dish. Add Raga Virgin Kithul Syrup to the egg mixture and add the salt. Pour the mixture over the bread and let it soak for 30 minutes. Pour more Raga Virgin Kithul Syrup over and bake for 30 minutes at 1800C

Recipe By: Mrs. Sujeewa Vithana FCHSGA
(Fellow Ceylon Hotel School Graduates Association)



Sticky Cinnamon Kithul Pork

(Serves 4)

4 pork chops
2 tbsp virgin kithul syrup - cinnamon edition
2 tbsp dark soya sauce
1 small stick of cinnamon
1 tsp salt
2-3 cloves garlic, finely chopped
10-15 curry leaves, finely chopped
½ tsp chilli flakes
1 tsp oil
Salt to taste

Kithul sauce

1 tbsp Raga virgin kithul syrup - cinnamon edition
1 tbsp soya sauce
2 tsp finely chopped curry leaves
¼ tsp chilli flakes

Marinate pork in kithul syrup, soya sauce, cinnamon and salt overnight. In a flat bottom pan or skillet, fry chopped garlic and curry leaves. Add marinated pork chops and cinnamon stick to the pan. Sear for about 2 minutes, then add a spoonful of the marinade. Once browned, flip over, add more marinade, and cook for an additional 2-3 minutes (depending on the thickness of the chop) until pork is cooked through. Remove from pan and allow to rest for a few minutes. To make the sauce, add kithul syrup, soya sauce, curry leaves and chilli flakes to the same pan. Stir in the resting liquid from the pork. Keep stirring while it bubbles for 1-2 minutes until thick and glossy. Coat rested pork chops in the sauce and serve hot.

Recipe by: Erasha Hettige



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Spicy Kebab Sauce
CINNAMON
EDITION



Ceylon Bruschetta With kithul marinated tomatoes and whipped buffalo curd (Serves 4)

2 hotdog buns
2-3 ripe tomatoes
½ onion, chopped
1-2 green chillies, finely chopped
2 tbsp coriander leaves, chopped
1 tbsp virgin kithul syrup - vanilla edition
1 tsp lime juice
A pinch of salt

Whipped buffalo curd

2 heaped tbsp curd
½ tbsp Raga virgin kithul syrup - vanilla edition
1 clove garlic, finely minced
A pinch of salt

De-seed and coarsely chop tomatoes.

In a large bowl, whisk kithul syrup, lime juice and salt.

Add chopped onion, tomatoes, green chili, and coriander leaves. Lightly toss in the dressing, taking care not to mash or break up the tomatoes too much.

Cover and chill for at least an hour. For the whipped buffalo curd, whisk curd, kithul syrup and minced garlic until smooth. Add salt to taste. Line a sieve with muslin cloth or tissue paper. Place over an empty bowl and pour curd mixture over the lined sieve. Chill for at least 30 minutes, allowing the excess liquid to drain into the bowl. Slice buns diagonally into thick slices, and lightly toast until they are golden brown on both sides.

Recipe by: Erasha Hettige



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Sticky Toffee Pudding with Caramel Sauce

200g Dates
1 tsp baking soda
75g butter
3 tbsps Raga Virgin Kithul Syrup
50g Brown sugar
2 eggs
150g flour
2 tsp baking powder
200ml boiling water

Roughly chop the dates, pour boiling water to that and add baking soda. Mix a bit and leave aside for 10 mins.

Beat butter, treacle and sugar. Add one egg at a time and continue to beat. Fold in the flour mixed with baking powder. Finally mix the dates mixture. Bake in pre-heated oven at 160 C for about 35 – 45 mins (This may vary depending on your oven)

Caramel Sauce

15g butter
250g brown sugar
2-3 tbsps Raga Virgin Kithul Syrup
200ml cream

On low heat mix butter, sugar and treacle and continue to stir until sugar fully dissolved and until the golden colour achieved. Add the heavy cream, mix and take off the stove.

Recipe by: Lakmali Gunasekara



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Crunchy Chocolatey Bites

½ cup of amaranth - popped
¼ cup of quinoa - popped
2 blocks of dark chocolate - about 300g
¼ Raga Virgin Kithul Syrup
2 tbsp of creamy peanut butter
1 tbsp of coconut oil
Almond flakes / dried rose buds for garnishing

Melt dark chocolate blocks and add on coconut oil and peanut butter. Next add the popped quinoa, amaranth and kithul treacle and give it a good mix. Arrange a small square shaped baking tray with a parchment paper and add the mixture and flatten it using a spatula. Place the tray in the freezer for an hour, cut in to squares or blocks and enjoy. Leave it in the refrigerator for later.

Recipe by: Anjala Fernando



thefoodsnaps

THEFOODNARS



Fruity home-made Granola

100g of rice flakes
25g sunflower seeds or pumpkin seed
50g peanuts
50g sultanas
25g dried banana chips
25g dried pineapple pieces
25g dried mango pieces
2 tablespoons of coconut butter or oil
½ cup of raga kithul
1 tablespoon cinnamon powder
½ teaspoon nutmeg powder
1/2 teaspoon salt

Mix coconut oil/butter, raga kithul, one tablespoon of cinnamon and heat them until everything is well combined.

Lay a parchment paper in a baking tray.

Mix rice flakes, pumpkin/ sunflower seed, oil and kithul mixture with salt and other half of the cinnamon powder and nutmeg.

Combine all these very well. Bake one side at 160C for about 15 mins.

Now take out the tray from the oven and mix again bringing the other side to the top. Then bake for about 15 minutes. Keep an eye on the oven, not letting the mixture to be burn. Now when the color is turning brown and smelling good, take out from the oven.

Leave about 5 minutes to cool down. When slightly warm add sultanas. Peanuts, dried fruits. Add salt if you feel it's needed.

Then transfer in to airtight containers and store in a cool and dry place

Enjoy as your healthy breakfast with yoghurt, curd or milk with some fresh fruits as toppings

Recipe by: Thanuja Krishnaratne



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Kithul Glazed Salmon

Seasoning sauce:

Raga Virgin Kithul Syrup
Minced Garlic
Lemon juice
Soy sauce

whisk Raga Virgin Kithul syrup, minced garlic, lemon juice, soy sauce together. Make it sweeter by adding more kithul syrup, tangier by adding more lemon juice, spicier by adding paprika or chilli powder or more garlicky by adding more garlic depending on your personal preference.

Salmon
Salt n pepper to taste
Lemon juice

Season the salmon with salt, pepper and lemon juice. shake off excess and transfer to a dry surface. Heat olive oil in a large non-stick skillet over medium-high heat, add the salmon and cook for 3 minutes. Turn the salmon over and cook another 2 minutes.

Bast the salmon with the honey garlic sauce and simmer for 1 minute. Turn the slices over one last time (to fully caramelize the other side) and finish cooking salmon to desired doneness.

The salmon caramelizes while soaking up the addictive savory-sweet sauce for one of the best easy weeknight dinners. And it could be served on a bed of rice or cous cous, along with your favorite veggies and give into your desires to lick your plate. It's unapologetically real!

Recipe by: Kishani Victoria



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FAGA
ORIGINAL KITHUL SYRUP



Keep refrigerated after opening

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