

EST 2015

ZULAY
KITCHEN

DELICIOUS
FROTHER
RECIPES



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Creamy Dalgona Coffee



Ingredients:

- ▶ 2 tbl Instant Coffee
- ▶ 2 tbl Sugar
- ▶ 1 tbl Hot Water
- ▶ 4 tbl Heavy Whipping Cream
- ▶ $\frac{3}{4}$ c hot or chilled Milk

Preparation:

- 1 Fill your cup about 1 inch from the top with hot milk, or chilled milk (with option of adding ice).
- 2 In a separate cup, combine the instant coffee, sugar, hot water, and heavy whipping cream. Whisk together for about 1-2 minutes until it becomes thick and creamy.
- 3 Pour the dalgona mix over your milk. You can either mix it all together or leave the frothed mix on top while you drink.

Keto Coffee

Ingredients:

- ▶ 1 c hot coffee
- ▶ 1 tbl butter
- ▶ 2 tbl MCT oil

Preparation:

- 1 Brew your coffee and pour into a mug.
- 2 Add the butter and MCT oil into the hot coffee.
- 3 Froth the ingredients together until all the butter is melted and the ingredients are smoothly mixed.

White Chocolate Latte

Ingredients:

- ▶ 2 tbl white chocolate chips
- ▶ ½ c espresso
- ▶ 1 dash vanilla extract (or to taste)
- ▶ 1 tsp brown sugar
- ▶ ½ c milk or half-and-half

Preparation:

- 1 Make espresso or strong coffee. Put the chocolate chips and sugar in your glass, and then pour in the hot coffee.
- 2 Mix the melted chocolate and sugar into the coffee with the frother.
- 3 Separately, heat the milk either on the stovetop or in the microwave (do not boil). Then add vanilla and froth until fluffy.
- 4 Pour the frothed milk over the coffee. Lightly stir if wanted.

Iced Vanilla Latte

Ingredients:

- ▶ ½ c cold brew coffee (or strong cooled coffee)
- ▶ ½ c milk of your choice
- ▶ 1 tsp vanilla extract
- ▶ 1 tbl maple syrup (or sweetener of choice)
- ▶ Optional: ice cubes (or frozen coffee ice cubes)

Preparation:

- 1 Make your cold brew or cooled strong coffee.
- 2 Put some ice in your cup (optional) and pour in the coffee.
- 3 Separately, mix the milk, maple syrup, and vanilla extract together. Froth until light and fluffy.
- 4 Pour the frothed milk over the cold brew. Stir lightly to blend flavors if wanted.

Nutella® Latte

Ingredients:

- ▶ 2-3 tbl Nutella® (to taste)
- ▶ 1c Hot coffee
- ▶ ½ c cream or milk of choice

Preparation:

- 1 Add Nutella® to your coffee cup and pour in hot coffee until it is about 2/3 full.
- 2 Blend the coffee mix with your frother until it is smoothly blended.
- 3 Heat the cream or milk of choice to about 140°F on the stovetop, or in the microwave for about minute.
- 4 Froth the heated milk or cream for about 45 seconds until the volume has doubled. Pour it into your coffee, and gently stir if wanted.

Pumpkin Spice Cappuccino

Ingredients:

- ▶ 1 c heated milk
- ▶ 2 tbl pumpkin purée or pumpkin butter
- ▶ ¼ tsp pumpkin spice
- ▶ ½ tsp vanilla extract
- ▶ 1 tsp brown sugar (or preferred sweetener)
- ▶ ½ c strong coffee or espresso
- ▶ Optional: whipped cream topping

Preparation:

- 1 Make your hot coffee or espresso. Put this in a cup and set aside.
- 2 Heat milk on the stovetop, or in the microwave for about a minute.
- 3 Add the pumpkin purée, pumpkin spice, vanilla extract, and any desired sweetener into the milk.
- 4 Froth the ingredients in the milk together, and then pour over your coffee.
- 5 Optional: top with frothed heavy whipping cream and garnish.

Salted Maple Cold Brew

Ingredients:

- ▶ ¾ c Cold Brew Coffee
- ▶ 1-2 tbl maple syrup (or to taste)
- ▶ ⅓ c milk of choice
- ▶ pinch of sea salt
- ▶ Optional: ice cubes

Preparation:

- 1 Combine cold brew coffee with about 1 tbl maple syrup (adjust to taste) and whisk these together.
- 2 Add ice to your cup if wanted, and pour in the cold brew.
- 3 Separately, combine the milk with about 1/2 tbl maple syrup and a pinch of salt. Froth together until light and fluffy.
- 4 Pour the frothed milk over your cold brew.

Golden Turmeric Latte



Ingredients:

- ▶ 1 c milk of choice
- ▶ 1 tsp ground turmeric
- ▶ ¼ tsp ground cinnamon
- ▶ 1 pinch ground ginger
- ▶ 1 pinch ground cloves
- ▶ 1 tbl honey (or preferred sweetener, to taste)

Preparation:

- 1 Heat milk on the stove-top or in a microwave (do not boil). Pour into a mug.
- 2 Add the spices and sweetener to the heated milk.
- 3 Mix the ingredients together with the frother, and then continue until you reach the level of frothiness you want.
- 4 Garnish as desired.

Matcha Latte

Ingredients:

- ▶ 1 tsp matcha powder
- ▶ ¼ c hot water
- ▶ 1 tbl honey (or preferred sweetener, to taste)
- ▶ 1 c milk of choice

Preparation:

- 1 Put matcha powder and hot water into a mug. Whisk this for about a minute with your frother.
- 2 Heat your milk (coconut milk goes nicely with matcha) on the stovetop or in the microwave. Pour this over the tea with sweetener.
- 3 Blend together with your frother, and then continue frothing for about a minute to get a nice foam.
- 4 If wanted, garnish with a sprinkle of matcha powder.

Hot Cacao

Ingredients:

- ▶ 1 tbsp. raw Cacao powder
- ▶ ¼ tsp. cinnamon
- ▶ 1 pinch ground Nutmeg
- ▶ 1 pinch ground Ginger
- ▶ ¼ cup hot water
- ▶ 1 tbsp. Maple syrup (or preferred sweetener)
- ▶ Mini Marshmallows

Preparation:

- 1 Add the cacao powder, spices, honey and hot water in to a mug. Using your Zulay Milk Frother whisk together for 20 seconds.
- 2 Heat your preferred milk, either by stovetop or microwave.
- 3 Once your milk is hot, pour it into the cacao mixture.
- 4 Froth for about a minute or until you have reached preferred milk texture.
- 5 Top with mini Marshmallows and enjoy immediately.

Simple Honey-Cinnamon Steamer

Ingredients:

- ▶ 1 c milk
- ▶ 1 tsp vanilla
- ▶ 1 tbl honey
- ▶ Dash of cinnamon

Preparation:

- 1 Heat your milk on the stovetop or in the microwave (do not boil). Pour into your mug.
- 2 Add in the vanilla, honey, and dash of cinnamon. Blend together and froth until it is light and fluffy.
- 3 Sprinkle some cinnamon on top to garnish.

Chai Latte

Ingredients:

- ▶ 1 chai tea bag
- ▶ $\frac{1}{3}$ c hot water
- ▶ $\frac{1}{2}$ c hot milk
- ▶ 1 tbl honey (or to taste)
- ▶ Optional: dash of cinnamon or nutmeg to garnish

Preparation:

- 1 Put your tea bag in a cup and add hot water. Set to the side and allow it to steep while you prepare the frothed milk. Steeping time should be about 4 to 5 minutes by the time you pour in the frothed milk.
- 2 Heat your milk on the stovetop or in the microwave (do not boil) and add your sweetener of choice.
- 3 Froth the milk for about 1-2 minutes until it starts to get light and foamy.
- 4 Pour the milk into the tea. You can keep the froth on top or stir lightly to blend the flavors.
- 5 Optional: sprinkle a dash of cinnamon or nutmeg powder for garnish.

London Fog

Ingredients:

- ▶ ½ c hot water
- ▶ 1 Earl Grey tea bag
- ▶ ½ c hot milk
- ▶ 1 tsp sugar
- ▶ ¼ tsp vanilla extract

Preparation:

- 1 Put your tea bag in a cup and add the hot water. Set this aside and allow it to steep while you prepare the frothed milk. Recommended steep time is between 3 to 5 minutes.
- 2 Heat your milk on the stovetop or in the microwave (do not boil). Add the sugar and vanilla extract, and then mix these together with the frother.
- 3 Continue to froth the milk for about a minute until it is light and fluffy.
- 4 Pour the frothed milk into the Earl Grey tea. Enjoy with the thick froth on top, or gently stir to blend the flavors.

Decadent hot chocolate

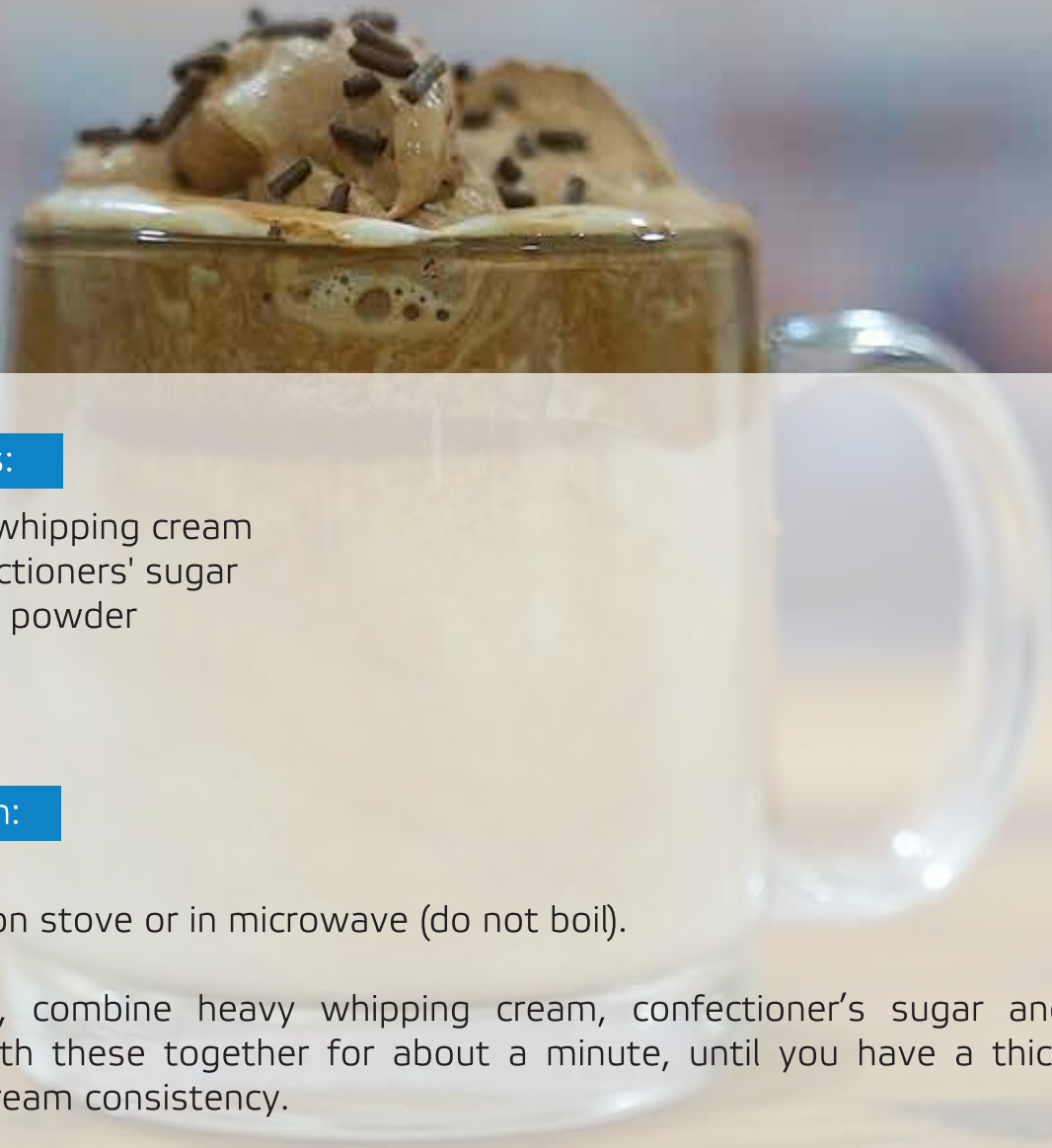
Ingredients:

- ▶ 1 c hot milk
- ▶ 1 tbl confectioners' sugar (or preferred sweetener, to taste)
- ▶ 1 tbl cocoa powder
- ▶ 2 tbl chocolate chips
- ▶ Dash of vanilla
- ▶ ¼ cup heavy whipping cream

Preparation:

- 1 Add sugar, cocoa, and chocolate chips into your cup.
- 2 Heat milk on stove or in microwave (do not boil). Pour into your cup and add the vanilla extract. You can allow it to sit for a minute to melt the chocolate.
- 3 Whisk the ingredients together with the frother until smoothly blended.
- 4 Separately, froth some heavy whipping cream and pour it over the hot chocolate.

Whipped Hot Chocolate



Ingredients:

- ▶ ½ c heavy whipping cream
- ▶ 1 tbl confectioners' sugar
- ▶ 2 tbl cocoa powder
- ▶ 1 c milk

Preparation:

- 1 Heat milk on stove or in microwave (do not boil).
- 2 Separately, combine heavy whipping cream, confectioner's sugar and cocoa. Froth these together for about a minute, until you have a thick whipped cream consistency.
- 3 Scoop the chocolate whipped cream over the hot milk. Gently stir to blend flavors if wanted.

Deluxe Scrambled Eggs

Ingredients:

- ▶ 2 eggs
- ▶ ¼ c milk or cream
- ▶ pinch of salt
- ▶ ½ c chopped vegetables of choice

Preparation:

- 1 Mix 2 eggs, pinch of salt and milk or cream together until blended and fluffy.
- 2 Chop up vegetables (bell pepper, onion, mushroom, artichoke, tomato, chives, etc., depending on personal preference) and put 1/2 cup into the egg mix.
- 3 Heat your frying pan. Then pour egg & vegetables in, and scramble them in the pan using a spatula until they are cooked.

Quinoa-Tabouleh Salad

Ingredients:

- ▶ 1 c Lemon Juice
- ▶ 1 c Olive Oil
- ▶ 1 tbl Himalayan Salt
- ▶ 1 c Quinoa
- ▶ 2 c chopped parsley
- ▶ ½ finely chopped red onion
- ▶ 2 small tomatoes

Preparation:

- 1 Cook the quinoa and allow to cool. Chop up 2 bunches of parsley, small pieces. Finely chop 1/2 red onion. Cut 2 medium size tomatoes, removing the insides, and finely chop the outer layers of the tomatoes.
- 2 In a separate bowl, mix 1c lemon juice with 1c olive oil and 1 tbl of salt (or more, to test). Whisk together with the frother until it forms an emulsion (lemon and olive oil mixed evenly).
- 3 Once Quinoa is cool, mix all salad ingredients together and add salad dressing. Mix thoroughly.

French Meringue

Ingredients:

- ▶ 4 egg whites
- ▶ ¼c powdered sugar
- ▶ ½ tsp cream of tartar or lemon juice
- ▶ ½ tsp cornstarch
- ▶ ½ tsp vanilla extract

Preparation:

- 1 Put 4 room temperature egg whites in a bowl (separated from yolks).
- 2 Add cream of tartar or lemon juice to egg whites. Mix these together with the frother until the mix starts to look a little frothy.
- 3 Slowly add sugar while mixing it in, using the frother, until all sugar is combined.
- 4 Continue to mix with the frother until it becomes stiff. You can check this by turning off the frother and pulling out some of the white meringue mix, and see if it slumps over or keeps its shape. Once it keeps its shape, you are done mixing. Do not over mix!
- 5 Bake your meringue before eating. You can use this mix to make meringue cookies (place spoon-sized drops on a pan with swirls of jam or chocolate, and bake at 225°F for an hour); or use it to top off a baked pie (use a spatula to apply the meringue and form a design on the top of your heated pie, and then bake it at 350°F for 15-20 minutes until it has started to brown).

Hollandaise Sauce

Ingredients:

- ▶ 3 egg yolks
- ▶ 1 tbl lemon juice (or to taste)
- ▶ ½ cup hot melted butter
- ▶ ¼ tsp salt (or to taste)
- ▶ 1 tsp Dijon Mustard (optional)

Preparation:

- 1 Mix egg yolks, lemon juice, mustard if wanted, and salt in your double-boiler with your frother.
- 2 Melt 1 stick (1/2 cup) of butter on the stovetop or in the microwave.
- 3 Heat a pot of water on the stove, medium heat. Set your double boiler over the pot, over the heated water. Slowly pour in the melted butter while continuing to mix together with the frother.
- 4 Continue mixing for about 1-2 minutes until the mixture is creamy and starts to thicken. You can add a splash of water if you want a thinner consistency. Remove from heat and serve over food of choice.

Tahini Sauce



Ingredients:

- ▶ 1 c mayo
- ▶ 2 ½ tbl olive oil
- ▶ 2 ½ tbl lemon juice
- ▶ 5 crushed cloves of garlic
- ▶ 2 tbl lime, plus 1 more tbl at end
- ▶ 2 tbl white sesame seeds
- ▶ ½ tsp salt
- ▶ ½ tsp black pepper
- ▶ 1 tbl oregano

Preparation:

- 1 Combine all ingredients into a bowl (2 tbls lime juice at this step).
- 2 Blend these together using the milk frother until smooth.
- 3 Add an additional tbl of lime juice at the end, and blend it in with the frother.