



**MAURITIUS  
SUGAR**  
SYNDICATE

# Smoky BBQ sauce

## RECIPE



### Ingredients:

- 357g** tomato ketchup
- 130g** Billington's Unrefined Light Muscovado Sugar
- 40g** Billington's Molasses Sugar
- 50ml** cider vinegar
- 50ml** water
- 1 tablespoon** Worcestershire sauce
- 2 tsp** Tabasco
- 2 tsp** mustard powder
- 1/2 tsp** of cayenne pepper
- 2 tsp** smoked paprika
- 1 tsp** garlic powder
- 1 tsp** fine sea salt
- 1 tsp** ground black pepper

### Instructions

- 1.** Place everything into a bowl and mix through by rubbing the sugar and spices between your fingers and palms to break up any sugary lumps. Once your rub is well mixed, you can place it into a container ready for adding to your BBQ food, it works perfectly on Corn on the cob to give it a delicious and sticky spice coating as it works well on the sweet corn.
- 2.** To cook the corn – boil in salted water for 5 minutes. Once cooked, remove from the heat, place on a plate and allow to cool slightly, and for the steam and water to evaporate.
- 3.** Brush the warm corn with the mayo with a pastry brush, then dunk the corn into the spice mix to coat it will cling to the corn quite thickly, so just add a few strips of the rub onto the corn then using your fingers, rub this into the corn to distribute evenly.
- 4.** Place on the BBQ or in on griddle and cook until charred. Serve with lashings of butter.

# Tiger Milk Tea: Classic Brown Sugar Boba

## RECIPE



### Ingredients

- 2 teabags** of black tea or **2 teaspoon** of black tea leaves
- 2 cups** whole milk
- ½ cup** uncooked black tapioca pearls
- 1/2 cup** muscovado or brown sugar
- **1 cup** ice cube

### Instructions:

#### 1. Making the tea

Boil water in a kettle or a pan to 212°F or 100 °C. Turn off the heat and pour 1 cup of boiling water into a cup.

Put both the black tea bags in the cup with boiling water and cover.

Let the tea steep for 3 minutes and then uncover. Remove the teabag and chill the brewed tea until you are ready to assemble the tiger milk tea.

If you are using tea leaves, add the leaves to the tea infuser and pour boiling water. Let the tea leaves steep for 3 minutes. Then, strain the tea and let it cool.

#### 1. Tapioca pearls/ boba

Bring about 5 cups water to a boil. Then add the brown sugar boba to the boiling water. Let them cook at high to medium heat until they all start to float at the top. It will take 3-5 minutes.

Then reduce the heat and let them cook for 5-7 more minutes or until they become soft and chewy. You can cook for a few minutes more or less depending on the kind of texture you like on your boba.

Then, turn off the heat and keep them in the boiling water for 5 more minutes. Then drain the water and gather the cooked tapioca pearls.

#### 3. Making syrup for tiger boba

Into a saucepan, add muscovado sugar or brown sugar (read ingredients discussion or notes for substitutes) and add 3 tablespoons of water.

Put the heat at medium and keep stirring. Slowly the muscovado sugar will start to melt.

At a point, when it starts to become bubbly, add the cooked black tapioca pearls. This whole process should not take more than 5 minutes.

Mix well and turn off the flame.

#### 4. Assemble tiger milk tea boba

Hold the glass horizontally and add the syrup boba using a long handle iced teaspoon. The key to getting tiger stripes is to drop the boba on the sides of the glass and then rotate the glass to smear it with the syrup.

Then add the ice cubes, followed by the tea.

Now, gently pour milk into the glass. Drop-in a boba straw and enjoy!

# Homemade Toffee Popcorn

## RECIPE



### Ingredients

#### TOFFEE

**50g** dark muscovado sugar

**50g** butter

Pinch of salt

**5ml** lemon juice

#### POPCORN

**60g** popcorn kernels

**1 tbsp** rapeseed oil

### Instructions:

- 1.** Put your toffee ingredients into a small pan on a low heat until all ingredients have melted and combined. Keep warm until your popcorn is ready.
- 2.** Heat the oil in a large lidded saucepan on a high temperature. Once the oil is hot, add your popcorn kernels and place the lid on the top.
- 3.** Your corns will start to pop. After the majority of the corn has popped, it will start to slow. Wait until a gap between pops of around 5 seconds or so and immediately remove pan from heat.
- 4.** As soon as your popcorn is ready and still hot, pour your warm toffee over the popcorn and mix using a wooden or silicon spoon until evenly coated.

# Muscovado Mint Juleps

## RECIPE



### Ingredients:

**Muscovado mint syrup (enough for many drinks):**

**1 cup** light or dark muscovado (or brown)sugar (7 ounces / 200 grams)

**1 cup** water

**leaves from 1 large bunch mint** (1 cup packed)

### **The julep (makes 1):**

**several mint leaves**, plus one or two pretty sprigs for garnish

**1/4 cup** bourbon (such as Elijah Craig or Four Roses)

**2 tablespoons** muscovado mint syrup (above)

**1 1/2 teaspoons** fresh lime juice  
ice (crushed if you like)  
sparkling water (optional, if using cubed ice)

### Instructions :

#### **1. make the syrup:**

In a medium pot, bring the sugar and water to a simmer, stirring to dissolve the sugar. Remove from the heat and add the mint. Cover and let steep 20 minutes. Strain the syrup through a fine-mesh sieve and into a heat-proof container. Let cool. Cover and chill until cold, 2 hours. (Can be made up to a few weeks ahead and stored airtight in the refrigerator.)

#### **2. make the juleps:**

Place the mint leaves in a cocktail shaker or jar and crush lightly. Add the bourbon, muscovado syrup, lime juice, and a few ice cubes. Stir or shake until cold, 30 seconds, then strain into a glass packed with crushed ice. Top with more crushed ice, garnish with the mint sprig, and serve. (If using cubed ice, top the drink of with a spritz of fizzy water.)



# Caramel & Cinnamon Popcorn

## RECIPE



### Ingredients:

#### FOR CARAMEL

**125g** of unsalted Butter

**0.5 tsp** of salt

**2 tsp** of cinnamon

**230g** of Unrefined dark muscovado sugar

**0.5 tsp** Bicarbonate of soda

**1 tsp** Nielsen-Massey Vanilla Extract

#### FOR POPCORN

**125g** of Popcorn (plain, popped)

### Instructions:

1. Place your popcorn in a bowl and keep aside.
2. Preheat your oven to 120°C (fan 110°C, gas mark 1/2).
3. To make the caramel melt the butter in a large pan until it begins to bubble.
4. Add the salt, cinnamon and sugar stirring until the sugar dissolves and combines with the other ingredients.
5. Lower the heat and leave to bubble gently for no more than 5 minutes.
6. Remove from the heat and then quickly add the bicarbonate of soda and the vanilla extract.
7. Stir quickly until combined and then pour over the popcorn.
8. Mix together the popcorn and caramel until evenly coated.
9. Pour the popcorn on to a baking tray, spreading out with a spoon and bake for 15-30 until crisp. Serve.

# BELGIAN DUBBEL



Brewed with local muscovado sugar, this Belgian-style Dubbel features a rich malty sweetness, dark fruit aromas, mild bitterness, and a pleasing warm finish that lingers on the palate.

---



# SOFT GINGERBREAD COOKIES

## RECIPE



### Ingredients

**175 g** dark muscovado sugar

**85 g** golden syrup or black

trickle/ molasses

**100 g** unsalted butter softened

**350 g** plain flour

**1 teaspoon** baking soda

**1 tablespoon** ground ginger

**1 teaspoon** ground cinnamon

**¼ teaspoon** ground nutmeg

**1 large egg**

### Instructions:

**1.** Place the sugar, butter and golden syrup/ trickle in a small saucepan over a medium heat. Allow the ingredients to melt completely, stirring occasionally. Set it aside and allow the mixture to cool for 5-10 minutes.

**2.** In a large bowl, mix together the flour, baking soda, ground cinnamon and ginger. Pour in the melted butter mixture, and add an egg. Stir to combine all of the ingredients,

**3.** Divide dough in half, and wrap each half in cling film. Flatten the dough into a disc and refrigerate for at least couple of hours.

**4.** Preheat the oven to 170 C. Place one half of the dough into floured surface (keep the other half in the fridge until needed). Cover your rolling pin with some flour and roll the dough into the thickness of about 5-6 mm (a bit thicker than a £1 coin). Cut the cookies using your cookie cutter. Re-roll any leftover dough and repeat until you have used all of your dough. Transfer cookies into a cookie sheet, leaving about 1 inch space between each cookie. If using different size cutters, remember to bake smaller cookies separately and reduce the baking times by a couple of minutes.

**5.** Bake for 6-7 minutes, rotating your cookie tray half way through to ensure an even bake. Remove from the oven and allow cookies to cool for 5 minutes and transfer to cooling rack to cool completely.

**To decorate:** Mix the royal icing sugar with water using an electric mixer. Transfer to a piping bag fitted with small nozzle (alternatively, use a zip lock bag or plain, plastic piping bag with a small corner snipped off). You can also add your favourite sprinkles or edible glitter.



# Sweet Red Onion Chutney

## RECIPE



### Ingredients

**2.5kg** red onions  
**1 large** fresh or dried red chilli  
**400g** muscovado sugar  
**300ml** red wine vinegar  
**150ml** balsamic vinegar  
**3** bay leaves  
**1** teaspoon paprika  
Dash of olive oil  
Salt

### Instructions:

- 1.** Finely chop the onion. Heat the oil in the roasting tin and cook the onions until soft.
- 2.** Add the muscovado sugar, red wine vinegar, balsamic vinegar, bay leaves, paprika and salt. Simmer for around half an hour or so until the mixture has thickened and most of the vinegar has reduced, stirring occasionally.
- 3.** Add the remaining ingredients, mix and cook over a low heat
- 4.** While the chutney is cooking, place clean jars and lids (with the lids removed) on a baking tray in the oven at a low temperature to sterilise them.
- 5.** Pack the mixture into the sterilised jars. Fill the jars to the top and make sure that there are no air pockets.
- 6.** Store the jars of chutney in a cool dark place for around 6 to 8 weeks to allow the flavours to mature. So long as the jars and lids have been adequately sterilised the chutney will keep for several months, or even years.
- 7.** The onion chutney makes an ideal addition to a cheeseboard and is a perfect accompaniment to dishes such as nut roast.

# Spicy Tomato Chutney

## RECIPE



### Ingredients

**600 Gr** Tomatoes - slightly over ripe or under also ok

**75 ml** balsamic vinegar (cheap stuff ok) Or Red wine Vinegar

**75 ml** White vinegar or Malt vinegar

**150 gr** Dark Muscovado Sugar

**1 Chilli finely chopped** (optional) - I love adding more :)

**1 Large** Onion Diced

**2 Teaspoons** Ginger powder

**4 Cardamom** Pods (optional)

**1 Teaspoon** Paprika