

SWANZ RECIPE BOOK



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WE ARE WHAT WE CHOOSE

Life has always been about choices. We make choices everyday. Start from waking up in the morning, choosing which clothes to put on, choosing to which shoes to wear, which breakfast to have and so on. In this fast paced modern world, we are faced with different choices everyday. Thus, choosing become a difficult task to do.



Being healthy is also a choice. What we consume everyday has a lot to do with our overall health. Consume foods that contain a lot of nutrition and have a balanced diet is a right way to start a healthy lifestyle.

Choosing the right ware for your daily consumption is also plays a huge part in your healthy lifestyle. With a high range of products in the market, we are faced with a lot of different choices in food and drink wares.



Poor choice in food wares will cause us greatly. Based on scientific research, most of the food and drinks we consumed daily is considered **acidic (below 7 PH)**. And most unfortunately, **acidic foods and drinks will react towards most of food wares and materials**. Including plastic and metal. This particular **chemical reaction and metal leaching may caused build up toxic in our body**, which will affects our health.





Swanz care about health as much as you do. We really do take a lot of attention to one's health. For us, **health is the most important thing in life** and it is our responsibility to support that.

This Swanz Recipe Book contains compilation of recipes for you to try at home with Swanz products. It is simple, practical and most importantly, healthy. Start your healthy lifestyle now by making the right choices. **You are what you choose.**



Image source: www.freepik.com



VIDEOS

Swanz care about you. For your convenience, we have specially prepare tutorial videos for some of the recipe featured in this recipe book. Watch out for the video sign throughout this recipe book. This sign shows which recipe available in video format. These videos available online on our social platforms and also on our website.

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SOUPS

When the temperature drops and the days get gloomier, nothing hits the right spot better than a bowl of warm soup. Different countries have different type of soups made of technically anything.

Starting with the creamy Western soup with mushroom, the clear and simple herbal soup or thick and oily soup from Northern India.

Storing soup could be tricky. You will need a leak proof container, easy to clean from the grease and most importantly, toxic and chemical free. Swanz Food Warmer series are the ideal soup storing solution for you and your family. It is leak proof, easy to clean, keeping hot for at least 5 hours and most importantly, toxic free.



MISO SOUP

Soak yourself in the warmth of savory Miso Soup.



Cooking Time:
< 10 minutes



Difficulties:
Easy



Servings:
1 pax

Sitting in cold weather? Why not try this warming Miso soup recipe. Miso is widely known as salty and savory ingredient from Japan. It has a high sodium content but it does not affect our cardiovascular system in the way salt does.

Miso is packed with anti-oxidants, fibre and proteins. It is a great way to increase your overall nourishment.

*Featuring our all time favourite **SY-005B** Porcelain Food Warmer.*

***Available in Video Format.**

Ingredients:

- 50g of Silk Tofu
- 2g of Japanese Seaweed
- 1 stalk of Spring Onion
- 1 pack of Instant Miso Paste
- 350ml of Hot Water

Method:

1. Cut the Silk Tofu in small cubical pieces.
2. Put Miso Paste, Silk Tofu pieces and Japanese Seaweed in to Swanz Food Warmer.
3. Pour in hot water and cover. Wait for approximately 5 mins. Stir well afterwards.
4. Chop Spring Onion, add into the Food Warmer. Enjoy!



TOM YUM SOUP

Featuring SY-008 Porcelain Food Warmer.



 <p>Cooking Time: 35 minutes</p>	 <p>Difficulties: Moderate</p>	 <p>Servings: 3-5 pax</p>
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Tom Yum Soup is a traditional soup originated from Thailand. It is famous for its distinct sour and hot taste, blended with fragrant spices. It is savory and delicious.

Tom Yum Soup has high nutritional value, high in proteins, Vitamin A and Manganese. It is also a good source of Acid, Copper and Selenium which is great for the body. Enjoy it in cold rainy days to brighten up your day!

Ingredients:

- 10 Medium Shrimps
- 6 Bird's Eye Chillies
- 6 Kaffir Leaves
- 2 Stalk of Lemongrass
- 6 Straw Mushrooms
- 1/2 cup Chicken Fillet
- 3 Shiver Galangal

Seasonings:

- 2 tbsp Tom Yum Paste
- 3 1/2 tbsp Lime Juice
- 3 Tbsp Fish Sauce
- Evaporated milk 2tbsp

Method:

1. Shelled the shrimps. Keep the heads.
2. Cut the lemongrass and stammer it to let out the fragrance.
3. Cut chicken fillet into stripes.
4. In a pot, bring 3 cups of water to boil.
5. Add in shrimp heads and boil until the water turns slightly orange. Let the stock reduce to 1/2 cups. Remove the shrimp heads.
6. Add lemongrass, galangal, kaffir, lime leaves, bird's eye chillies, mushrooms, and tom yam paste to the shrimp stock. Bring to boil. Put the shrimps, chicken meat with the seasonings added according to taste. Lastly, add the lime juice.
7. Pour the boiled tom yam soup into Swanx Food Warmer. Serve while hot with rice.



Image source: www.freepik.com

COFFEE NO STAIN NO PAIN TIPS FOR CLEANING STAINS

For some of us, coffee is the elixir of life. A morning without boost from coffee will be extremely dull. We need the hit from the caffeine and we simply can't live without coffee. However, living with coffee means living with the stain as well. All types of coffee whether its a thick espresso or simply a cup of latte will caused heavy stains. So here are some tips and tricks to get rid of those stains!

1. HOT WATER AND VINEGAR

First fill mug about half with hot water and another half with white vinegar. Let them sit for about 10 minutes. Next, pour out the



vinegar water and give each mug a swish with scrubs. Rinse the mugs out, dry them, and you're done!

2. SCRUB WITH BAKING SODA

If vinegar did not do you any good, you can try out this method with baking soda. Make a

thick paste with baking soda and a little bit of water. Apply this to the stains and then scrub with a scrub brush or sponge. Rinse the paste off the mug and repeat if necessary.

3. PREVENTION

The last step you need to do now is to prevent the stains. You will not want to keep scrubbing your mug do you? Wash your mug after use with soap detergent is the best way to avoid stubborn stain. Secondly, choose your mug material wisely. Porcelain material is the best option since it will not stain and very easy to clean.

QUICK FACT!
Do you know that your mug color and material affects the taste of coffee?

Study shows that using white mug makes your coffee taste more intense compared to clear or colored mugs. It concluded how contrast is a crucial determining factor in how we perceive taste. Therefore, white and coffee brown color contrast makes the coffee taste better.





MILK & HONEY

Milk and honey form a magic potion that has various health and beauty benefits. Honey is known for its antioxidant, anti-fungal, anti-bacterial, anti-inflammatory and soothing properties. Milk, on the other hand, is a potent source of calcium, protein, vitamins, mineral and lactic acid. There is mention of the goodness of milk and honey even in the pages of history.

Choosing the right containers will be crucial to store milk and honey. Milk products will be best stored within a week inside the refrigerator since it will spoil easily. However, honey could be stored for months inside containers. Since both have acidic properties, it will have chemical reactions towards certain materials, particularly metal and plastic. Store your milk and honey in the right ware. Do not let your wholesome milk and honey turn into toxics.



CINNAMON OATS

A hearty breakfast for a healthier you.



What is better than a healthy, sweet and filling breakfast? Have a try with this simple and delicious recipe. Packed with good proteins and fats from mixed nuts, mixed with wholesome honey and high fibre in rolled oats. A perfect combination to start your day!

Featuring our all time bestseller **SY-02 | B** Porcelain Mug.

 Cooking Time: < 10 minutes	 Difficulties: Easy	 Servings: 1 pax
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Ingredients:

- 1 Ripe Banana
- 60g of Rolled Oats
- A pinch of Cinnamon
- 180ml of Hot Water
- Mixed Nuts
- Honey to taste

Method:

1. Put in Rolled Oats into Swanz tumbler.
2. Pour in hot water on to the oats. Cover and wait for approx 3-5 minutes.
3. Slice banana into small pieces. Add banana slices into oats.
4. Add cinnamon and honey to taste.
5. Mix well. Enjoy your hearty breakfast!

**Available in Video Format.*



SUPER FRUITS

It is a common knowledge that fruits are good for your health. But not all of the fruits are excellent to your health. Those fruits that are excellent to your health deemed as "super" fruits by nutritionist. They are packed with antioxidants, fibre, vitamins and minerals that can help you to live longer, prettier and even prevents you from undesired diseases. Choose your fruits wisely and eat these super fruits daily. It will help you to keep the doctors away.

During busy life, sometimes it will be hard to keep up daily commitment to consume fresh super fruits. Probably, we would like to store our fruits or juices for later consumption. Unfortunately, wrong choice of containers might change these amazing fruits nutrients into toxic. So make sure to keep your juices chilled with the right containers.



A refreshing and delicious treat for you and your body. Packed with vitamins and antioxidants, Mixed Berries Smoothies is very easy to prepare.

Prepare it in the morning and pour it into Swanz tumbler chilled, enjoy it in the afternoon without having it changed in taste. A great idea for a smoother day at work.

Featuring our compact and easy to go **SY-051** Porcelain Tumbler.



 <p>Cooking Time: < 10 minutes</p>	 <p>Difficulties: Easy</p>	 <p>Servings: 1-2 pax</p>
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Ingredients:

- 100g of Strawberries
- 100g of Blueberries
- 50g of Cranberries
- 1 Frozen Ripe Banana
- 1/2cup Greek yogurt
- Honey to taste

Method:

1. Cut Strawberries and Frozen Bananas into small pieces.
2. Put the berries, banana, and greek yoghurt's inside a blender.
3. Puree all smooth.
4. Pour into Swanz tumbler. Add honey according to your taste. Enjoy!



MIXED BERRIES
SMOOTHIES
Detox yourself with mixed berries smoothies.



HERBS & SPICES

The uses of herbs and spices have been incredibly important throughout history. Many were celebrated for their medicinal properties, well before culinary use. Modern science has now shown that many of them do indeed carry remarkable health benefits.

For example, cinnamon known to have a potent antioxidant properties and also capable to lower down blood sugar. Turmeric contains medicinal properties for anti-inflammatory. It has a very strong effect in a point it matches anti-inflammatory drugs. Just how awesome herbs and spices are.

However, containing food with herbs and spices could be tricky sometimes. They will caused heavy stain and smell to the containers. So, make sure you choose the right containers to store your herbs and spices.

HONEY LEMON & TURMERIC

Warming up your blue day.



Having a bad day? Ease your mind with this warm turmeric and honey drink. A blend of turmeric, honey and lemon will help you to detox from excess toxins and help your digestion system. Warm yourself up and avoid cold with this healthy drink. Get ready for a better day!

Featuring our **wSY-068** Porcelain Tumbler.

 Cooking Time: < 10 minutes	 Difficulties: Easy	 Servings: 1 pax
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Ingredients:

- 1/2 lemon
- 1/2 tsp of turmeric powder
- Honey to taste
- 300ml of Hot Water

Method:

1. Put turmeric powder into Swanz Tumbler.
2. Pour in hot water on to turmeric.
3. Squeeze in lemon. Add honey to taste.
4. Stir well. Enjoy while hot.

***Available in Video Format.**

HERBAL MOCKTAIL

Bringing health and togetherness.



Thinking of something healthy and refreshing for family gathering? Why don't try this recipe? A great mixture of herbs to lower down blood pressure, rejuvenate skin and improve your eyesight. Topped with nutritious and fresh fruits. It is simple and easy yet perfect for all ages!

Featuring our **SY-009** Porcelain Food Warmer.



Cooking Time:
15 minutes



Difficulties:
Easy



Servings:
5-6 pax



Ingredients:

16 Rose Buds
10 Roselle
2 tbsp Wolfberries
2 Apples
1 Dragon Fruit
Ice Cubes
Honey to taste

Method:

1. Put in rose buds, roselle and wolfberries into food warmer.
2. Pour in hot water. Cover and wait for approx 5-8 minutes.
3. Peel off fruits and cut into small pieces.
4. Add in ice cubes, honey and fruit pieces into food warmer.
5. Mix well. Pour into glasses to serve. Enjoy!

**Available in Video Format.*



TIPS FOR GREAT CUP OF TEA

Tea is only second to water when it comes to beverage popularity. It is so popular that it's consumed as much as coffee, soft drinks, and alcohol combined.

Being around for centuries, the art of making tea has been developed and adapted on different cultures. Though, there's always time for better tea. So here are some tips and tricks to take your tea to the next level.



1. GET YOUR TEMPERATURE AND STEEPING TIME RIGHT

Temperature and steeping time is crucial to brew perfect tea. **Depending on tea types, steeping time and temperature needed will vary.** For example, Black Tea usually require 2-3 minutes steeping time in 98°C, meanwhile Green Tea require 1-2 minutes steeping time in 80°C. Tea needs oxygen, so **don't re-boil water** as this takes a lot of the oxygen out and will leave your tea tasting a bit metallic. Once your kettle has boiled, pour the water into your teapot, then add your thermometer to check when the water has cooled to the appropriate temperature.



2. USE LOOSE TEA INSTEAD OF TEA BAGS

Tea bags are undoubtedly more convenient than loose tea, but what you trade in convenience you probably are giving up in taste and quality. So now, the question is what is the difference between tea bags and loose tea.

Tea bags generally contain bits of tea leaves (typically fanning and dust), not whole leaves, and these leaf fragments

brew up a nice cup of tea. As any tea expert will tell you, one of the essential requirements of brewing tea is **giving the leaves enough room to expand so that their flavor is properly extracted.** Because space is limited in a traditional teabag, the size of the tea leaf is smaller to compensate. Thus, the quality of the flavor is decreased and loose tea reigns supreme.

3. GET THE RIGHT GEAR

You don't need a special tea gears to make great tea, but **better choices comes with big difference in your enjoyment of tea.** Getting the right cup is really important.

Don't use plastic, as the tannins will stick to the side of the cup. Don't use metal either, unless you want your tea to taste metallic. Lots of people think you should use ceramic but even that's not perfect

as it's porous, so it will make your tea cool down too quickly. **The best cup is porcelain.** A porcelain cup will keep your tea super-tasty and was actually how tea used to be served when it first came over from China.



4. DRINK TO HEALTH

Lastly and most important, drink tea to health. **There are so many ways tea is incredibly healthy for you.** Tea isn't just a comforting and pleasant beverage, it also has remarkable healing properties. Find out and research more for different types of teas and herbal teas for different benefits.



SWANZ
HEALTHY WITH STYLE



SY-009
FOOD WARMER SERIES
950ml (M) / 1150ml (L)

SY-008
FOOD WARMER SERIES
900ml / 1100ml



SY-021B / SY-015
MUG SERIES
400ml / 250ml



SY-051 / SY-051A
NOVELTY SERIES
300ml / 250ml



SY-068
NOVELTY SERIES
350ml



SY-005B
FOOD WARMER SERIES
460ml



HEALTH IS A CHOICE

RETAIL OUTLETS

SINGAPORE

TAKASHIMAYA

Ngee Ann City, 391 Orchard Road,
Singapore 65060460

OG

OG Albert, 60 Albert Street,
Singapore 189969

OG Orchard Point, 160 Orchard Road,
Singapore 238842

OG People's Park, 100 Upper Cross Street,
OG Building, Singapore 058360

TANGS

Tangs Orchard
310 Orchard Rd,
Singapore 238864

Tangs VivoCity
1 Harbourfront Walk,
Singapore 098585

ISETAN

Isetan Scotts
Shaw House, 350 Orchard Road,
Singapore 238868

Isetan West Gate
West Gate, 3 Gateway Dr,
Singapore 608532

BHG

Bugis Junction, 230 Victoria St,
Singapore 188024

NAIISE

MEGAFASH

TAIWAN

Q square 京站时尚广场

台北市大同区承德区一段一号

101大楼购物中心Jason Market Place

台北市信义区信义路五段7号

SOGO复兴馆BR4 City Super

台北市大安区忠孝东路三段300号

桃园新光三越站前店

桃园市桃园区中正路19号

南坎特力家居Decor House

桃园市芦竹区中正路1号

大江国际购物中心

桃园市中坜区中园路二段502号

Big city远东巨城购物中心City Super

新竹市东区中央路229号

新光三越台南新天地本馆

台南市中西区西门路一段658号

等一个人咖啡馆

景美本店

台北市文山区一寿街33巷1号

市府店Mini Cafe

台北市信义区忠孝东路5段23号

新光A8店

台北市信义区松高路12号

台南西门店 本馆

台南市中西区西门路一段658号

汉神巨蛋店

高雄市左营区博爱二路777号

MALAYSIA

ROBINSONS

The Gardens, Mid Valley City,

Lingkaran Syed Putra,

Kuala Lumpur, Malaysia. 59200