

Horlicks® moments to share

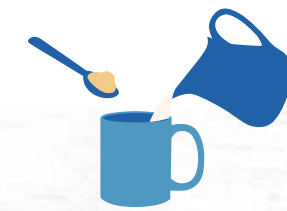


#MadeWithHorlicks



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hello!

Introducing your new secret ingredient... Horlicks!

Made with love and inspired by you, this book is full of comforting treats to make moments to share - all with a touch of malty goodness.

Share your creations with us - @HorlicksUK #MadeWithHorlicks





meet Paul

Our development chef, Paul, has over 20 years' experience whipping up incredible concoctions in his kitchen!

From family favourites to date night treats, he's turned your suggestions into real-life recipes, sprinkling a touch of Horlicks magic in every dish.

Look out for his Horlicks Hints for ways to shake up the recipes!





HEALTHY



creamy overnight oats

PAUL'S HORLICKS HINT

You can adapt this recipe for the season - simply substitute the raspberries and coconut for stewed apple and cinnamon for a comforting wintery breakfast

Serving 2 Prep time 20 minutes

INGREDIENTS

- 50g oats
- 100ml almond milk
- 100g raspberries
- 50g skyr yoghurt
- 25g Horlicks Original
- 25g honey
- 15g dried apricots, sliced
- 10g flaked almonds
- 10g pistachios, chopped
- 5g coconut flakes
- 5g pumpkin seeds

METHOD

In a bowl, mix together the oats, almonds, sliced apricots, Horlicks Original and coconut flakes, then pour on the almond milk and stir.

Cover with a lid and leave to soak in the fridge overnight.

In the morning, stir in the skyr yoghurt. Take an airtight jar or bowl and alternately layer up the oat mixture, honey and raspberries. Sprinkle with the pumpkin seeds and chopped pistachios, and serve.



power-packed energy balls

INSPIRED BY ANNA WRIGLEY

My boyfriend and I have recently taken up hiking - these balls are the perfect burst of energy we need on the fells!

Servings makes 16 Prep time 20 minutes

INGREDIENTS

- 100g dried apricots
- 100g dates
- 100g pecan nuts
- 50ml coconut milk
- 25g Horlicks Instant
- 25g coconut oil
- 15g sunflower seeds
- 10g poppy seeds
- 15g crushed pecan nuts
- 10g desiccated coconut
- Pinch of ground turmeric
- Pinch of ground cinnamon

METHOD

Blitz apricots, dates, pecan nuts, turmeric, cinnamon in a food processor until finely chopped.

Add the Horlicks Instant, coconut milk and melted coconut oil and blend until it comes together.

Shape the mix into walnut-sized balls, roll some of the balls in chopped sunflower seeds, some in poppy seeds, some in crushed pecan nuts and some in desiccated coconut.

Store in an airtight container until you need an energy uplift!



Sunday brunch pancakes

PAUL'S HORLICKS HINT

Twist up this dish by adding a dollop of Horlicks cream (page 53) or go for the American classic and swap out the blueberries for crispy, streaky bacon!

Servings makes 6 Prep time 15 minutes Cooking time 4 minutes

INGREDIENTS

- 70g self-raising flour
- 60g wholewheat self-raising flour
- 130ml semi-skimmed milk
- 75g blueberries
- 50g Horlicks Light
- 20g salted butter
- 1 egg
- 2 tsp baking powder
- 1 tbsp maple syrup
- ½ tsp ground cinnamon

METHOD

Sieve the flour, Horlicks Light, baking powder and cinnamon into a bowl.

In a separate bowl, whisk the egg and milk together.

Gradually add the egg mixture to the flour until it's a smooth mix.

In a pan, melt the butter and stir into the mix.

Brush a non stick frying pan with a little oil and wipe away any excess.

Spoon the pancake mix into the frying pan and gently fry on both sides until light and fluffy.

Serve with blueberries and a drizzle of maple syrup.



fuel-up smoothie

PAUL'S HORLICKS HINT

To give this smoothie a power-packed punch, simply add a scoop of your favourite protein powder before blending.

Servings 1 Prep time 5 minutes



INGREDIENTS

- 2 tbsp Horlicks Chocolate
- 1 peeled sliced ripe banana
- 200ml coconut water
- 1 tbsp coconut milk
- 1 tbsp peanut butter
- 2 handfuls of ice

METHOD

Place all of the ingredients into a blender and blitz until smooth.

Serve immediately for maximum taste, but it's also great for an on-the-go light breakfast.





BAKING

gooey chocolate brownies

PAUL'S HORLICKS HINT

For a gorgeously gooey dessert, warm up a brownie and top with a scoop of ice cream - or a dollop of Horlicks cream (page 53) for an extra-malty kick!

Servings 12 Prep time 35 minutes Cooking time 20 minutes

INGREDIENTS

225g caster sugar
100g butter
100g 70% dark chocolate
50g Horlicks Chocolate
3 eggs
50g plain flour
50g dark chocolate chunks
50g white chocolate chunks
50g milk chocolate chunks
1 vanilla pod or 1 tsp vanilla essence
A pinch of salt

METHOD

Preheat the oven to 175°C.

Melt 100g of dark chocolate along with the butter in a bowl over a pan of simmering water. Once melted, take off the heat.

In a separate bowl, whisk the eggs and sugar for about 10 minutes, until very white. Gently fold the melted chocolate mix into the whipped eggs.

Mix together the Horlicks Chocolate, salt, vanilla and flour. Add the flour mix to the egg mix and fold in half of the chocolate chunks.

Pour into a lined tray and sprinkle the remaining chocolate chunks on top. Bake for 20 minutes, then cool for 1 hour before turning out.

Slice, divide and enjoy! Store in an airtight container if there are any left.



Horlicks-bread family

INSPIRED BY CLAIRE MORGAN

Baking these is a great mummy and daughter activity and they are enjoyed by the whole family!



Makes 20 biscuits Prep time 40 minutes Cooking time 12-14 minutes

INGREDIENTS

BISCUITS

- 280g plain flour
- 150g salted butter
- 90g golden caster sugar
- 35g Horlicks Original
- 1 tsp ground ginger
- ½ tsp bicarbonate of soda
- ½ tsp ground cinnamon
- A pinch of salt

BUTTERCREAM

- 60g unsalted butter
- 25g icing sugar
- 20g Horlicks Original

METHOD

Preheat the oven to 180°C.

Sieve the flour, bicarbonate of soda, ginger, cinnamon and Horlicks Original into a medium bowl.

Place the sugar and butter into a mixing bowl and beat until light and fluffy.

Add the flour mix to the butter and mix until fully combined, then knead the mixture until it forms a dough.

Tip the dough onto cling film and gently press to form a 1cm thick square. Top with another piece of cling film and using a rolling pin, roll to approx 3mm.

Cut the dough using character cutters until you have 30 biscuits and arrange on non-stick baking trays, leaving space between each biscuit.

Chill the biscuits in the fridge for 10 minutes, then add to the oven and bake for 12 minutes until light brown.

Whilst the biscuits are baking, beat together the butter, icing sugar and Horlicks Original until light and fluffy and spoon into a piping bag.

Allow the biscuits to cool and decorate with Horlicks buttercream.



banana bread cupcakes

PAUL'S HORLICKS HINT

These muffins make a perfect breakfast on the go! Or, for a truly decadent treat, make a batch of the Horlicks malted buttercream (page 22) and pipe on top...

Makes 12 cupcakes Prep time 1 hour Cooking time 20 minutes

INGREDIENTS

- 4 ripe bananas
- 200g self raising flour
- 100g golden caster sugar
- 75g unsalted butter
- 60g chopped pecans
- 50g Horlicks Light
- 2 large eggs
- 100ml semi-skimmed milk
- 1 tbsp maple syrup
- 1 tsp vanilla extract
- 1 tsp bicarbonate of soda
- 1 tsp baking powder
- ½ tsp cinnamon

METHOD

Preheat oven to 170°C.

Mash the bananas, vanilla, cinnamon and maple syrup in a bowl and keep to one side.

In a different bowl, mix together the Horlicks Light, flour, bicarbonate of soda, baking powder and pecans (keeping a few back to top the muffins).

In another bowl, cream together the soft butter and sugar until light and fluffy.

Add the eggs one at a time to the creamed butter with a spoonful of flour mix and beat until smooth.

Add the remaining flour and then add the banana mix.

Mix together until it forms a smooth batter. Line a muffin tin with cupcake cases and spoon in the batter. Sprinkle with the remaining broken pecans.

Cook for 20 minutes, remove from the oven and leave to cool on a wire rack.



sticky apricot bread & butter pudding

INSPIRED BY REBECCA EVANS

The very first recipe I cooked for the class at school - I was very nervous, but it was a success and I was very proud of my effort!

Servings 6 Prep time 20 minutes Cooking time 30 minutes

INGREDIENTS

- 3 croissants (stale ones are perfect!)
- 50g Horlicks Original
- 50g caster sugar
- 50g dried apricots, sliced
- 3 eggs
- 150ml milk
- 150ml double cream
- 1 orange, juice and zest
- 1 tsp vanilla essence
- 1 tbsp apricot jam
- 2 tbsp water

METHOD

Preheat oven to 160°C.

Dice the croissants into 5cm squares.

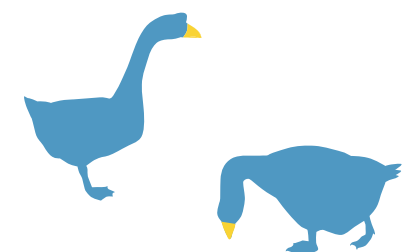
Place in croissants in a buttered baking dish tray and add the juice and zest of the orange. Add the sliced dried apricots.

Beat the eggs in a bowl and whisk in the sugar.

In a saucepan, bring the Horlicks Original, milk, cream and vanilla to the boil. Remove from the heat and pour over the beaten eggs and sugar to form a custard.

Pour the custard over the diced croissants and bake in the oven until just set, approximately 20 minutes. The middle should still be soft custard.

Melt the jam with water in a small saucepan to form a glaze. Brush the glaze on top of the pudding and bake for a further 5 minutes.





SAVOURY

spicy chicken satay

INSPIRED BY JANE WILLIS

Perfect to add a touch of the East to a family barbecue -
delicious paired with a healthy Asian salad.

Servings 4 Prep time 2 hours 15 minutes Cooking time 15 minutes

INGREDIENTS

- 4 boned chicken thighs
- 200ml coconut milk
- 1 lime, juice and zest
- 2 cloves garlic, grated
- 3 tbsp smooth peanut butter (48g)
- 1 tbsp Horlicks Original
- 1 tbsp soy sauce
- 1 tbsp honey
- 1 tbsp vegetable oil
- 1 tsp Madras curry powder

METHOD

Mix together the Horlicks Original, coconut milk, lime juice and zest, garlic, peanut butter, soy sauce, honey and Madras powder until smooth. Set aside a small dish to use as a dipping sauce.

Dice the chicken thighs into large chunks and cover with the remaining satay sauce. Leave to marinate for 2 hours.

Thread the chicken onto 2 kebab skewers, brush with a little oil and chargrill on a barbecue or cook under the grill until cooked through (approximately 6 minutes on each side).

Serve with the dipping sauce, lime wedges and a fresh Asian salad or rice.



crunchy fish goujons

INSPIRED BY GEMMA ROBSON

Inspired by long walks along the local beach, then cosying up by the fire with a Horlicks back at home.

Servings 4 Prep time 30 minutes Cooking time 10 minutes



INGREDIENTS

- 200g cod fillet, skinned
- 100g breadcrumb mix
- 50g panko breadcrumbs
- 50g plain flour
- 50g tartare sauce
- 2 eggs, beaten
- 1 tbsp Horlicks Light (15g)
- Vegetable oil (for frying)
- 1 tbsp Sriracha sauce

METHOD

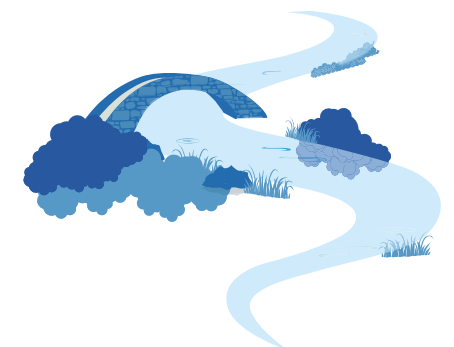
To breadcrumb the fish, take three bowls. In one, add 1 tbsp of Horlicks Light and the flour. In the second bowl, add the beaten eggs. In the third bowl, add 1 tbsp of Horlicks Light, the breadcrumb mix and breadcrumbs.

Cut the fish into finger size pieces and pass through the flour mix, followed by the beaten eggs and finally coat in the breadcrumbs.

Fry in hot oil for 2 minutes until golden brown.

Make a Sriracha tartare sauce by adding 1 tbsp Sriracha to your favourite shop bought tartare sauce. Simply add more if you like it spicy!

Give the fish goujons a generous sprinkle of malt vinegar and season with salt.





comforting Welsh rarebit

INSPIRED BY MARY CURLISS

This twist on a classic makes a warm, nourishing, comforting treat - anytime!

Servings 4 Prep time 30 minutes Cooking time 10 minutes

INGREDIENTS

- 50g mature Cheddar cheese
- 2 large slices
sourdough bread
- 1 egg
- 4 diced cherry tomatoes
- 1 sliced spring onion
- 25g butter
- 1 tbsp Horlicks Original
- 1 tsp English mustard
- 1 tsp Worcestershire sauce

METHOD

Preheat oven to 200°C.

Butter 2 thick slices of sourdough bread and bake in the oven for 4 minutes until light brown and a little crispy.

In a separate bowl mix together the Horlicks Original, egg, cheese, mustard, Worcestershire sauce, spring onion and cherry tomatoes.

Top each slice of bread with a generous mound of cheese mix and bake in the oven for 6 minutes or until bubbling and golden.

Serve with a nice chutney of your choice and a handful of rocket.



smoky lamb chops

PAUL'S HORLICKS HINT

For the vegetarian in your life, this glaze will elevate your barbecued halloumi to a new level! And don't worry - if rain stops play, these work just as well under the grill.

Servings 6 Prep time 30 minutes Cooking time 6-8 minutes

INGREDIENTS

6 lamb chops
200ml smoky BBQ sauce
2 cloves garlic, grated
1 tbsp Horlicks Original
1 tbsp cider vinegar
1 tbsp redcurrant jelly
1 tbsp vegetable oil
1 tsp chopped rosemary,
stalks removed
A pinch of salt

METHOD

Preheat the barbecue.

Mix together the Horlicks Original, vinegar, BBQ sauce, redcurrant jelly, garlic and rosemary. Set a bowl of sauce aside for dipping.

Once the coals on the barbecue have turned white, brush the lamb chops with the sauce and barbecue for 3 minutes on each side - the chops should be nice and brown on the outside, but still pink on the inside.

Serve with the dipping glaze, your favourite BBQ sides and an oven-baked potato.





SWEET TREATS

millionaire's shortbread cheesecake

PAUL'S HORLICKS HINT

For a smaller crowd or an indulgent treat for yourself, simply make up individual portions in ramekin dishes (or in martini glasses to really impress!)

Servings 16 Prep time 45 minutes

INGREDIENTS

BASE

125g digestive biscuits
50g chocolate malt balls
50g butter, melted

CHEESECAKE LAYER

750g cream cheese
350ml double cream
50g Horlicks Original
50g icing sugar
1 tsp vanilla essence

CARAMEL LAYER

1 tin ready-made
condensed caramel

CHOCOLATE TOPPING

100ml double cream
100g dark chocolate
25g icing sugar
15g Horlicks Chocolate

METHOD

Roughly chop the biscuits and most of the chocolate malt balls to form crumbs. Keep some chocolate malt balls for decorating. Place in a bowl and add the melted butter, mixing well.

Line a 20cm spring base tin with baking parchment and press the biscuit base into the tin and place in the fridge to set.

In a mixing bowl, cream together the Horlicks Original, cream cheese, vanilla, icing sugar and cream until thick and glossy.

To make the chocolate topping, bring the Horlicks Chocolate and cream to a simmer in a saucepan. Add the dark chocolate and icing sugar. Turn off the heat and stir until glossy.

Remove the biscuit base from the fridge and spread the Horlicks cheesecake mix onto the biscuit base.

Evenly spread the ready-made condensed caramel on top of the Horlicks cheesecake mix.

Pour over the chocolate topping. Roughly chop and add the remaining chocolate malt balls and refrigerate, preferably overnight.

Carefully remove from the spring tin, serve and enjoy!





show-stopper banoffee pie

INSPIRED BY KATE JONES

Our favourite dessert at university... we'd sit around with spoons at the ready and dive straight in!

Servings 12 Prep time 30 minutes

INGREDIENTS

50g Horlicks Chocolate
125g digestive biscuits
1 large pack chocolate malt balls
25g melted butter
400ml double cream
1 vanilla pod or 1 tsp vanilla essence
2 ripe bananas, sliced
1 tin ready-made condensed caramel
20g chocolate shavings

METHOD

Add the digestive biscuits to a food processor and blitz.

Add the Horlicks Chocolate, malt balls and butter, and pulse again to form a coarse crumb.

In a bowl, whip the Horlicks Chocolate, double cream, and vanilla to form soft peaks, taking care not to over-whisk.

In a large sharing glass, layer up the biscuits, sliced bananas, caramel and cream, then repeat.

Finish by topping with chocolate shavings and serve.



indulgent chilli-chocolate mousse

INSPIRED BY TASHA HAMILTON

A quick tasty treat, perfect for a last minute date night
or when the girls come over.

Servings 8 Prep time 2 hours Cooking time 10 minutes



INGREDIENTS

160g 70% dark chocolate
100g fresh cherries, pitted
150ml whole milk
25g Horlicks Chocolate
65ml double cream
1 egg
½ tbsp kirsch liqueur
A squeeze of lemon juice
A pinch of chilli flakes

METHOD

Whisk the egg in a bowl until thick and glossy and set aside.
Melt the chocolate in a bowl over a pan of simmering water.
Heat the milk, double cream and Horlicks Chocolate in a saucepan over a medium heat until it comes to a boil.
Pour the warm cream mixture over the whisked egg and then add the melted chocolate and the chilli flakes, mixing gently until well combined. Once fully mixed, pour into glasses and cool.
Halve the cherries, adding a splash of kirsch and a squeeze of lemon, then leave to marinate for at least 30 minutes.
When ready to serve, whip the cream into soft peaks.
Add a dollop of cream and a spoonful of cherries onto the chocolate mousse and serve!



movie-night popcorn

INSPIRED BY SUE FOSTER

Devoured on the sofa by our family, a relaxing treat to eat in front of a film.

Servings 4 Prep time 20 minutes Cooking time 10 minutes

INGREDIENTS

POPCORN

25g popcorn kernels

1 tbsp vegetable oil

HORLICKS SALT

See page 52

HORLICKS CARAMEL

See page 53

METHOD

Heat the oil on a high heat in a thick-bottomed saucepan (make sure it has a tight-fitting lid). Add 3 - 4 kernels to the oil and wait for them to pop.

Once the kernels have begun to pop, add the remaining kernels and cover with the lid. Once the corn starts popping, very gently shake the pan, keeping hold of the lid. Once the popping has slowed to several seconds between pops, remove from the heat and transfer to a large bowl.

Head to our Horlicks Heroes section on page 52 to choose your favourite topping. Choose from a sticky Horlicks caramel or a malty twist of Horlicks salt. Or why not try both for that classic sweet and salty kick!



A festive cocktail spread featuring a martini glass with a layered drink and a rocks glass with an iced drink, garnished with pinecones and red berries on a dark tray.

COCKTAILS

cocktails

PAUL'S HORLICKS HINT

We've added a malty twist to some classic cocktails - perfect for entertaining guests or as a decadent end to any meal.

CHOCOLATE MARTINI

Servings 2 Prep time 5 minutes

INGREDIENTS

200ml whole milk
50ml vodka
75ml creme de cacao 20g
Horlicks Chocolate

METHOD

In a cocktail shaker, add several cubes of ice and pour in the milk, vodka, creme de cacao and Horlicks.

Shake until well mixed and frothy.

Serve in a Martini glass and top with a light dusting of Horlicks Chocolate.

MALTED BRANDY ALEXANDER

Servings 1 Prep time 5 minutes

INGREDIENTS

2 scoops vanilla ice cream
50ml cognac
25ml whole milk
20g Horlicks Original

METHOD

Add the cognac, ice cream, milk and Horlicks Original into a blender and pulse for 20 seconds.

Serve in a tumbler with ice.



Horlicks heroes

PAUL'S HORLICKS HINT

We've created four ingredients that can bring a hint of Horlicks to any recipe. Whether you're sprinkling on crispy chips, drizzling on ice cream, glazing grilled vegetables or dolloping on scones, our Horlicks Heroes will add a finishing touch of malt to lift your dish to the next level!



HORLICKS SALT

1 tsp per serving

INGREDIENTS

- 1 tsp Horlicks Original
- 3 tsp sea salt flakes

METHOD

In a bowl, mix together the Horlicks Original and sea salt and use to add a malty twist to your favourite dish.

This salt is best made as needed.

HORLICKS BBQ GLAZE

Servings 4

INGREDIENTS

- 1 tbsp Horlicks Original
- 1 tbsp cider vinegar
- 200ml your favourite smoky BBQ sauce
- 1 tbsp redcurrant jelly
- 2 cloves garlic - grated

METHOD

Mix the ingredients together in a bowl and use to coat your favourite meat, tofu or halloumi before grilling or barbecuing.

HORLICKS CREAM

Servings 5

INGREDIENTS

- 50g Horlicks Original
- 200ml double cream
- 1 vanilla pod or 1 tsp vanilla essence

METHOD

In a large bowl, whisk the cream, vanilla and Horlicks Original together until soft peaks are formed, being careful not to over-whisk.

Serve alongside your favourite sweet treat for a decadent twist.

HORLICKS CARAMEL

Servings 4

INGREDIENTS

- 1tbsp Horlicks Original
- 50ml double cream
- 50g butter
- 100g caster sugar

METHOD

Mix together the cream and Horlicks Original in a bowl. In a dry pan over a low heat, melt the sugar until it turns a light, golden caramel.

Keeping the pan on the heat, carefully whisk in the cream and butter until you have a smooth caramel sauce, then remove from the heat and serve.



thank you!

We hope you've enjoyed whisking, chopping and stirring your way through this book. Before you tackle the washing up, put your feet up and take a well-earned moment with a mug of Horlicks!

We'd love to see some of the creations you've made - whether you've recreated one of our recipes, or added a Horlicks twist to a dish of your own. Simply upload your creations on Instagram @HorlicksUK and use #MadeWithHorlicks or message us on Facebook!

OUR THANKS TO...

Chef - Paul Dickson
Photography - Blink Photography

SAY HELLO

Phone: 0330 041 4860 (local rate) Email: contactus@aimiafoods.com Instagram Facebook @HorlicksUK

Visit www.horlicks.co.uk for more information

