traditionally natural products

SALEP BEVERAGE PREPERATION GUIDE
FOR NATURAL PLEASURABLE BEVERAGES EVERY HOUR OF THE DAY, WINTER OR SUMMER

M. BAGATZOUNIS & SONS S.A.
SPICES - AROMATIC HERBS - BEVERAGES
salep

a greek traditional product, in 3 ready to use mixes containing only pure and natural ingredients which boost the benefits of its use.

- natural and delightful
- whithout Additives
- whithout Conservatives
- whithout Caffeine
- helps on the treatment of colds
- antistress properties
- for every hour and all ages
- enjoy it winter and summer

Learn how to prepare the right way pleasurably comforting Salep Beverages!

Check out more on www.bagatzounis.com
HOT SALEP BEVERAGE

THE PREPARATION

1. In a large pot to have a large boiling surface, boil the water.
2. Add the mixture and stir it well.
3. Cover it and let it rest for about ten minutes.
4. Set it on to boil again on a very low cooking temperature stirring it continuously until it thickens enough. For a smoother result, without any sediment, continue for at least 5 minutes. The longer you insist on this stage, the thicker your beverage will be.

Dosage:

- For an espresso cup:
  - 100ml water
  - 2.5g mixture or half tea spoon

- For a tea cup:
  - 200ml water
  - 5g mixture or one tea spoon

- For a coffee mug:
  - 300ml water
  - 7.5g mixture or one and a half tea spoon

Enjoy Original Greek Salep in 3 different mixtures:

- Classic: with cinnamon, clove and ginger which enhance the flavour of salep
- Saffron: gives all its unique properties and magnificent flavour
- Cocoa: with cocoa and chili giving a lightly spicy flavour

Try it cold!
FROZEN SALEP BEVERAGE

THE PREPARATION

1. In a large pot to have a large boiling surface, boil 100ml of water

2. Add 5g or one tea spoon of mixture and stir it well

3. Cover it and let it rest for about ten minutes

4. Set it on to boil again on a very low cooking temperature stirring it continuously until it thickens enough. For a smoother result, without any sediment, keep it on and stir for at least 5 minutes. The longer you insist on this stage, the thicker your beverage will be.

5. Add the hot beverage in a shaker with 4-5 icecubes

6. Shake or mix the beverage until it is ice cold

7. Serve it in glass with ice with or without a straw

Enjoy Original Greek Salep in 3 different mixtures:

Classic with cinnamon, clove and ginger which enhance the flavour of salep

Saffron gives all its unique properties and magnificent flavour

Cocoa with cocoa and chili giving a lightly spicy flavour

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click and read the
salep nutritional study
in Greek
from Nick Papaspanos
Clinical Dietitian

video
final boiling stage

click and watch it on youtube!

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