

# FRUITY GRAPEFRUIT AND ORANGE SALAD WITH MATE-LIME VINAIGRETTE

With the creation of the year 2025



## INGREDIENTS FOR TWO SERVINGS

PREPARATION TIME 20 Min

*Ingredients for the vinaigrette:*

**1 Tea Diamond® EILLES TEE MATE-LIME 50**  
50 ml boiling water 1/2 small chilli  
pepper  
4 tbsp olive  
oil Salt  
1 tsp maple syrup

*Ingredients for the salad:*

1 pink grapefruit  
2 oranges  
1 small red onion  
4 sprigs of mint  
2 sprigs of basil  
1 sprig of rosemary  
200 g goat's cheese Szechuan  
pepper  
or freshly ground black pepper

### PREPARATION

- 1 Pour boiling water over the Tea Diamond® EILLES TEE MATE-LIME and leave to infuse for 10 minutes. Remove the pyramid bag and allow the mate and lime infusion to cool. In the meantime, remove the seeds from the chilli pepper and cut it into very fine rings. Mix the mate and lime infusion with
- 2 Fillet the grapefruit. Collect the juice and add it to the vinaigrette. Cut off the peel of the oranges thickly so that the white skin is removed. Cut the oranges into thin slices. Peel the onion and slice it into very thin rings. Wash the mint and basil, shake dry and pluck the leaves from the stems. Arrange the ingredients on a platter.
- 3 Heat a grill pan. Wash the rosemary, shake dry, remove the needles from the stems and chop finely. Cut the sheep's cheese in half, brush with the remaining olive oil and sprinkle with rosemary. Fry the sheep's cheese in the hot pan on both sides until golden brown. Arrange on the salad and drizzle with the vinaigrette. Sprinkle with crushed Szechuan pepper. Serve with crusty baguette if desired.





# SEMOLINA CAKE WITH MATE LIME

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## INGREDIENTS FOR TWO SERVINGS

PREPARATION TIME *30 Min*



### 3 Tea Diamonds® EILLES TEA MATE-LIME

250 ml boiling water  
2 large organic limes  
4 eggs  
200 g sugar  
1 large pinch of ground vanilla  
1 large pinch of salt  
125 g wheat semolina  
175 g plain flour  
2 level teaspoons cream of tartar  
baking powder 100 g  
Greek yoghurt 200 ml  
sunflower oil

*For soaking:*

50 ml lime juice (freshly squeezed)

60 g sugar

*For decoration:*

4-5 EL Puderzucker

4-5 tbsp icing sugar Lime zest

from 1 lime 2 tbsp sugar

### PREPARATION

- 1 Place the three Tea Diamonds® EILLES TEE MATE-LIME in a metal measuring cup and pour boiling water over them. Leave to steep for 10 minutes. Remove the pyramid bags and allow the mate lime infusion to cool.
- 2 Wash the limes, grate the zest and squeeze the juice. Beat the eggs, sugar, ground vanilla and salt with a food processor for 10 minutes until pale and fluffy. Meanwhile, mix the semolina, flour, lime zest and baking powder. Add 75 ml of the mate-lime infusion, lime juice, yoghurt and oil to the egg mixture and stir briefly. Briefly stir in the semolina-flour mixture.
- 3 Pour the mixture into a well-greased and floured Gugelhupf tin (22 cm). Bake in a preheated oven at 175°C (top and bottom heat) for approx. 50-55 minutes on the second rack from the bottom (test with a skewer).
- 4 Simmer the remaining mate-lime infusion (175 ml) with lime juice and sugar for 3-4 minutes to make a syrup. Immediately after baking, prick the cake several times with a wooden skewer and gradually soak it with the hot syrup, spoonful by spoonful. Leave the cake to rest in the tin for 5 minutes, then turn it out onto a wire rack and leave to cool. Just before serving, dust with icing sugar and decorate with lime zest rolled in sugar.

# FRUITY MATE LIME PUNCH WITH FIG AND PHYSALIS

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## INGREDIENTS FOR ONE GLASS

PREPARATION TIME *5 Min*

1 fresh small fig 7  
physalis (40g)

**1 Tea Diamond® EILLES TEA MATE-LIME**

50 ml orange juice (freshly squeezed  
or from the refrigerator)

200 ml boiling water 1/4 cinnamon  
stick

1 star anise

## PREPARATION

- 1 Wash the fig and cut into thin slices. Remove 6 physalis from their husks and cut in half depending on their size. To garnish, place 1 physalis and 1 fig slice on a wooden skewer.
- 2 Place the Tea Diamond® EILLES TEE MATE-LIMETTE in a small pot and pour boiling water over it. Add orange juice, cinnamon and star anise, heat and leave to infuse for 10 minutes with the lid on. Remove the pyramid bag, cinnamon and star anise.
- 3 Add the figs and halved physalis. Heat briefly. Pour the punch into a punch glass. Serve decorated with the fruit skewer.





# MATE-LIME SMOOTHIE WITH MANGO

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## INGREDIENTS FOR ONE GLASS

PREPARATION TIME *10 Min*

### 1 Tea Diamond® EILLES TEA MATE-LIME

100 ml boiling water 1 small ripe  
mango  
or 150 g frozen mango pulp  
100 ml pink grapefruit juice  
2 tsp lime juice  
2 sprigs of fresh mint 1  
tsp maple syrup

### PREPARATION

- 1 Pour boiling water over Tea Diamond® EILLES TEE MATE-LIMETTE. Remove the pyramid bag after 10 minutes and allow the tea to cool.
- 2 Peel and halve the mango, remove the stone. Cut 2-3 slices of mango for decoration. Cut the flesh of the remaining mango into large pieces.
- 3 Finely purée the cooled MATE-LIMETTE infusion, mango flesh, grapefruit juice, lime juice and maple syrup. Wash the mint and shake dry. Remove the leaves from a sprig and chop. Add to the smoothie and stir. Pour into a glass. Place the fruit slices on a skewer. Garnish the smoothie with mint and the fruit skewer.

