

RECIPE METHOD**DISH ELEMENT NAME: COFFEE BETEFOUR**

STEP 1	in a small pan on the stove on a low heat, dissolve the instant coffee with the caster sugar into the milk, stirring occasionally.
STEP 2	melt ghee and oil together (either in another pan or microwave)
STEP 3	in a bowl, add the ghee/oil mixture, warm coffee mixture together with sugar syrup.
STEP 4	add cocoa and corn starch.
STEP 5	add mistica (optional), espresso powder, cardamom.
STEP 6	add salt and vanilla sachet.
STEP 7	mix altogether with a whisk to combine.
STEP 8	add the flour bit by bit, and then move to using your hands towards the end to bring the mixture into a dough. work lightly and gently with your hands, you want the mixture to be light. You should have the texture of cement.
STEP 9	On a baking tray with baking parchment, roll small pieces of the dough lightly into a ball. place on tray and use knife to half cut the balls to resemble espresso beans (see video)
STEP 10	Bake at 180 degrees celsius for 10-12 minutes until dried out. You don't want them to burn so there shouldn't be any change in colour.