

# three hundred islands

RECIPES & IDEAS

*my  
mama's  
ginger elixir made in Fiji!*



*three hundred islands*

made in Fiji



*Ni sa bula vinaka...*

Welcome to Fiji

in the beginning islands were formed.  
so beautiful and fertile were these islands, they  
were to become a paradise like no other, the Fiji  
Islands... not only were the  
people gifted with more than three hundred  
islands, the islands were  
delicately sprinkled with divine pink  
ginger and other spices, gifts from our  
ancestors that make up the rich tapestry of this  
island nation. This pink ginger, an herbal medicine  
with boundless health benefits,  
is now made into an elixir for all to enjoy.  
Blended with pure Fijian honey and vanilla beans  
it can be enjoyed  
infused as a hot or cold drink, quite simply  
a nurturing kiss... from

*three hundred islands*

An authentic Fijian ginger drink that can be  
enjoyed in many ways...

# Our Founders

Our story began in the kitchen of two passionate mothers, Kellie Stanbury and Siteri Puamau, who with their deep knowledge of tourism in Fiji and sound business acumen, were determined to provide low calorie, healthy, delicious, community-conscious items that boost peoples' health and quality of life; and can be enjoyed by the whole family.

"Experimenting and sharing the Ginger Elixir with our friends, resorts owners and bar staff, it quickly became clear that the product was so much more than a way to enhance sparkling or still water. It is incredibly versatile, which is how this recipe book concept was born. We hope you will try our recipes and experiment yourself; we'd love to hear your creative ways of enjoying Three Hundred Islands Ginger Elixir.

And this is only the beginning of our journey. Our commitment to zero food waste led us to innovate new products such as ginger puree and tomato, ginger and pineapple chutney. We will continue to create products that support the Fijian agricultural industry and showcase their purity and quality to the world.

...sincerely Siteri and Kellie"



# Social impact...

Three Hundred Islands is about creating products that create demand for Fiji's agricultural industry, where farmers are often growing amazing crops with lack of buyers to purchase them. By purchasing our quality products, you are supporting these hard working farmers and their families.

Join with us to increase this steadily over time and showcase their produce to Fiji and the world!



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\*No-Low = no alcohol and low calorie, as a guide a 30ml shot is approx 70 calories.

# Morning Reviver Shot

It doesn't get easier than this. Simply pour and enjoy a shot of Three Hundred Islands Ginger Elixir to get your morning started right. Great alongside coffee, it will set you up for your first dive of the day, morning snorkel, gym session, or to shake off last night's hangover!



## Captain's Welcome

Step aside champagne, these are the type of bubbles we're after. Provide a truly Fijian welcome with this fresh, summery, alcohol-free refreshment.

50ml **Three Hundred Islands Ginger Elixir**

Sparkling / Soda or Mineral Water

Optional – Add a dash of any of Fiji's Tropical Fruit Juices, Pineapple, Mango, Paw Paw or Guava!

Fill a glass with ice and pour over the Three Hundred Islands Ginger Elixir. Top with sparkling water, stir gently and garnish with a slice of lime.



## Fijian Allstar

All of Fiji's natural favourites in one tropical, zero proof (alcohol free) cocktail.

50ml **Three Hundred Islands Ginger Elixir**

50ml Pineapple Juice

150ml Fresh Bu (Coconut Water)

Fill a tall glass with ice and pour over Three Hundred Islands Ginger Elixir and pineapple juice. Top with fresh bu, gently stir and garnish with a delicate slice of pineapple.



## Ginger Latte

A great caffeine-free option, or alternative to a chai latte.

50ml **Three Hundred Islands Ginger Elixir**

200ml Frothed Hot Milk (also works with Soy, Almond or Dairy Alternatives)

Simply pour the Three Hundred Islands Ginger Elixir into a mug or cup and top up with hot frothed milk. Finish with a sprinkle of cinnamon or chocolate powder.

## Ginger Café Latte

For when your coffee needs a little extra zing.

50ml **Three Hundred Islands Ginger Elixir**

Shot Coffee

200ml Frothed Hot Milk (also works with Soy, Almond or Dairy Alternatives)

Add Three Hundred Islands Ginger Elixir and a shot of espresso to a mug. Top with frothed milk.

For hot days, both these recipes can be enjoyed as iced lattes.

## Ginger Tea

50ml **Three Hundred Islands Ginger Elixir**

Hot Water

Blend the Three Hundred Islands Ginger Elixir and hot water in a teacup and stir well. Add some lemon or lime slices for an extra citrus hit.



## Captain Calm Iced Tea

The ultimate relaxing and calming tea to ease travel nerves.

50ml **Three Hundred Islands Ginger Elixir** (or less)

150ml Chilled Chamomile Tea

Fill a tall glass with ice, and pour over the Three Hundred Islands Ginger Elixir. Add tea and stir well. Serve with lemon/lime slices.



## Party Time

50ml **Three Hundred Islands Ginger Elixir**

Still or sparkling water

A healthy kids option. Dilute Three Hundred Islands Ginger Elixir with water for an easy treat.

## Gin-Gin-Ginger

Gin-lovers unite! Give your favorite craft gins an extra kick with Three Hundred Islands Ginger Elixir.

50ml **Three Hundred Islands Ginger Elixir**

30ml Gin (preferably Craft Gin for the full botanical flavour)

150ml Sparkling Water

Mint

Line a low-ball glass with a thin slice of cucumber, add ice, then pour the gin and top up with sparkling water. Garnish with fresh mint.



## Three Hundred Islands Mule

One of our most fun collaborations! This take on the famous Moscow Mule is all natural and the perfect warm day refresher. Serve in a copper mug to make the chill last a little longer!

30ml Fiji Coconut Vodka

50ml **Three Hundred Islands  
Ginger Elixir**

150ml Sparkling Water/Soda

Fresh Lime

Fill a copper mug or glass with ice and pour over Fijian Coconut Vodka, Three Hundred Islands Ginger Elixir and a squeeze of lime juice. Top with sparkling or soda water, gently stir and garnish with a wedge of lime and a sprig of mint.



## Three Hundred Islands Margarita

A jug of frozen ginger margarita is the perfect way to debrief after an incredible day diving on the reef or just cooling down by the pool with your friends.

1 cup of **Three Hundred Islands Ginger Elixir**

1 cup of Tequila

½ cup Lime Juice

6 cups of Ice

Add all ingredients to a blender and whiz until it becomes slushy. Pour into a jug and share amongst your friends!





# Ginger, Lime and Paw Paw Sorbet

## 2 T Three Hundred Islands Ginger Puree

150gm Castor Sugar

2 x large Paw Paw chunks  
(pre-frozen)

2 T Lime Juice

1 Egg White

350gm Ice Cubes

Use a high-powered blender or thermomix to combine sugar, frozen paw paw, lime juice, egg white and Three Hundred Islands Ginger Puree. Add ice and slowly increase blender speed to high. Use a spatula to scrape down the sides and ensure all ingredients are thoroughly combined.



# Ginger Bliss Kiss Bowl

Breakfast, the most important meal of the day. Add some joy to your breakfast bowl with our Ginger Puree.

## Three Hundred Islands Ginger Puree

Chopped Seasonal Fruit

Coconut Yoghurt

Morning Grains (Oats, Muesli)

Nuts

Your favourite Milk



## *Ginger and Paw Paw Dairy-Free Smoothie*

1 x Paw Paw cut into chunks

1 x T **Three Hundred Islands Ginger Puree**

2 T Coconut Cream or Milk

1 cup Ice Cubes

Blend all ingredients until smooth

## *Raspberry, Ginger and Banana Smoothie*

½ cup Frozen Raspberries

1 T **Three Hundred Islands Ginger Puree**

1 Banana

1 Cup Milk

½ cup Ice

Blend all ingredients  
until smooth.



## *Pimms and Ginger Jug*

A classic cocktail made with Fijian ginger. Made with sparkling water instead of lemonade, its less calorific but packed with flavour.

500ml **Three Hundred Islands Ginger Elixir**

1 litre Sparkling Water

500ml Pimms

8 cups Ice Cubes

1sml Moli (local  
Mandarin/Orange)  
thinly sliced

8 sprigs of Fresh Mint

1 local Cucumber  
thinly sliced  
lengthways

Place all ingredients  
into a 3 litre jug  
and stir well. Serve  
in glasses lined  
with a thin slice of  
cucumber.



## Sundowner

Another All-Fijian mix, just perfect for relaxing and watching the sun go down after another day in our paradise home.

30ml **Three Hundred Islands Ginger Elixir**

30ml Fiji Rum

Pour over ice and enjoy the island spice!



## Other Ideas

### Curry + Cooking

Use **Three Hundred Islands Ginger Puree** as a quick and easy replacement for cut ginger.

### Simple Salad Dressing

2 T **Three Hundred Islands Ginger Puree**

2 T Lime Juice

¼ cup Olive Oil

Salt and Pepper to taste

### Pacific Rim Salad Dressing (great for poke bowls!)

2 T **Three Hundred Islands Ginger Puree**

2 T **Three Hundred Islands Ginger Elixir**

2 T Tamari or Soy Sauce

1 t Sesame Oil

2 cloves Sliced Garlic

¼ cup Rice Vinegar

## Other Ideas

### Marinade for Fish

50ml **Three Hundred Islands Ginger Elixir**

2 T **Three Hundred Islands Ginger Puree**

2 T Lime Juice

1 Clove Garlic

2 sml Chilli chopped and de-seeded

½ t fresh ground Pepper

¼ teaspoon Nama Salt



## Other Ideas

### Antipasto Boards

Throw together your favourite cheeses, grapes, pickles, breads, crackers and **Three Hundred Islands Tomato, Ginger & Pineapple Chutney**.



Keep imagining new ways to use our Ginger Elixir  
and let us know @ [threehundredislands.com](https://www.threehundredislands.com)

  @threehundredislands\_Fiji

*three hundred islands*  
made in Fiji

