

## POTATO, LEEK & SEA LETTUCE SOUP



### Ingredients:

1 cup finely chopped leek  
3 cups diced potatoes  
1/2 cup chopped celery  
2 tbsp vegetable oil  
1 cup vegetable broth  
2 cups almond milk (soya or cream can also be used)  
1 tbsp Pacific Harvest Sea Lettuce Flakes  
Kelp Salt and pepper to taste

### Method:

In a pot, gently fry the leek and celery in oil until soft. Add potatoes and broth, bring to boil. Lower temperature and simmer until potatoes are soft (20 minutes). Use a potato masher to partly puree the mixture so there are still some big chunks left. Add the almond milk and Sea Lettuce. Stir to combine, adjust seasoning and warm up. Serve warm in soup bowls with crusty bread, toast or crackers.

## SEA LETTUCE & PINEAPPLE CANAPÉ

*This surprising combination is visually stunning, super easy to prepare and really pleasing to the taste buds!*

### Ingredients:

5g dried Sea Lettuce Leaves  
2 slices of fresh pineapple  
2 tbsp rice vinegar  
2 tbsp agave syrup (or honey)  
2 tbsp shoyu (type of soya sauce)  
1 tsp sesame oil  
2 tbsp pineapple juice (or water)



### Method:

Cut pineapple into chunks. Pan fry with a little bit of oil (olive, coconut or macadamia) until golden & crunchy on the edges. Dip the Sea Lettuce leaves in warm water (or pineapple juice or chamomile tea) for a few minutes - just long enough to lose their dryness but not so much that the leaves become soggy. Squeeze the extra liquid out. Fluff up with your hands, separating the leaves from each other. Chop them if you find them too chunky. Mix the remaining ingredients to prepare the dressing. Drizzle over the Sea Lettuce leaves and combine. Serve individual portions in a serving spoon as per the picture and top with a piece of grilled/roasted pineapple. Season with freshly ground black pepper and serve immediately.

*Serves 4*

## ABOUT PACIFIC HARVEST



Pacific Harvest, recipient of the Cuisine and Matua Valley Innovation & Excellence Award, is a manufacturer of Fine Sea Vegetables (edible seaweed) and natural Sea Salt products from New Zealand and around the world.

Our mission is to make seaweeds an integral part of the western diet. Our products are natural and made with the best available ingredients. They are also unique and created to showcase New Zealand's distinctive culinary heritage where possible.

Pacific Harvest's products are sought after for their extraordinary nutritional properties - sea vegetables are the single most nutritious foods that you can eat. Rich in minerals, trace elements and vitamins, they contain more protein than meat, more calcium than milk and more iron than eggs. They are very low in calories and contain no cholesterol.

Pacific Harvest's products are available from over 100 leading specialty outlets around New Zealand.

## PACIFIC HARVEST

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## FOOD FOR THE HEALTHY GOURMET

For food lovers, sea vegetables open a new world of flavours and textures. In Asia, especially in Japan, seaweed represents up to 15% of the average diet; in the western world it is a family of foods that is largely undiscovered and misunderstood. Yet, sea vegetables represent an untapped culinary potential as their range & variety far surpasses that of traditional land vegetables.

### Sea Lettuce

Sea lettuce is a bright green seaweed often called 'green nori' or 'green laver'. It has tissue-like texture and a delicate peppery flavour. Fresh, it is crunchy. Sea Lettuce is excellent in soups, salads, rice and noodle dishes. We present it two ways: the big leaves can be used to wrap fish or vegetables and the flakes as an alternative to parsley. Although seaweeds have tantalizing culinary qualities, even more significant is their very compelling health properties.

Sea lettuce's green is a clue to the presence of chlorophyll, known for its incredible cleansing powers. Sea lettuce is high in protein & dietary fibre, an excellent source of calcium, magnesium and iron and many vitamins, including A & B12. It is said to strengthen the immune system and to purify the blood. It also contains iodine, and many other minerals, trace elements and essential amino-acids.





## TERRINE with SEA LETTUCE LEAVES

### Ingredients:

1 cup re-hydrated Sea Lettuce Leaves  
Kelp Salt and pepper  
1 1/2 cup cauliflower florets  
1 1/2 cup peas  
1 1/2 cup carrots  
1 1/2 cup red pepper, seeded  
200g goat cheese  
5 eggs  
fresh chives, chopped  
2 1/4 cups heavy cream



### Method:

Line a buttered terrine mould with a piece of film wrap. Neatly lay in the Sea Lettuce Leaves to cover the bottom and sides completely. They should dangle over the sides a bit so that they can be folded over the completed terrine later.

Cook the cauliflower, peas and carrots, one at a time in the same pot of boiling salted water, until very tender. Remove them and immediately rinse in ice-cold water to preserve their colour. Drain well. Roast the pepper until very soft, peel, seed, and cut into small strips.

This terrine has five layers, so work one vegetable at a time. First put the cauliflower in the blender with one egg and 1/4 cup (60ml) cream. Pulse to a smooth purée. Pour into a small bowl and set aside. Rinse the blender and proceed with the carrots, peas and the capsicum in the same manner, pouring the purées into bowls and setting aside. Put the final egg and 1/4 cup cream in the blender with the goat cheese and purée; then blend in the chives. Season each mixture with salt and pepper to taste.

Spoon each layer into the mould so it doesn't run into the previous one. Start with the carrot, putting it into the terrine and smoothing it out to the edges. Next, spoon over the cauliflower, followed by the peas. Spoon the cheese mixture over evenly, and end with the red pepper. If one leaks through to another layer, fear not: some think it is even more beautiful that way and in any case it will taste delicious. Fold the overhanging seaweed leaves over top to cover.

Bake in a water bath at 180°C until set (a good hour). Remove the terrine from the bath. Let it cool completely on a wire rack, and, if possible, chill in the refrigerator overnight so it sets well. At least half an hour before serving, turn the terrine out onto a cutting board or platter for serving in slices.

*Serves 8*

## SALMON PARCELS

### Ingredients:

4 medium potatoes  
3 tbsp chopped shallots  
1/4 cup cream  
1/2 cup re-hydrated Sea Lettuce Leaves  
1/2 cup shiitake mushrooms  
2 salmon fillets (about 4oz ea)  
vegetable oil  
Kelp Salt and pepper to taste

### Method:

Heat the oil in a small skillet. Thinly slice the potatoes, sprinkle with salt and pepper, and fry with 1 tbsp shallots until golden and cooked through. Combine in a bowl with cream, and mash until creamy. Set aside. Add a little more oil to the skillet and add mushrooms and rest of the shallots. Cook for a few minutes until the mushrooms start to brown. Re-hydrate the Sea Lettuce Leaves in warm water for 5 minutes and pat dry. Pre-heat the oven to 400°F. Sprinkle salmon fillets with salt and pepper, cook in a skillet with oil for about a minute per side. Lay a wrapping film on a cutting board and overlap lettuce leaves to form a wrap. On a top of each leaf assembly, place half the mushrooms, then a salmon fillet, and scoop a generous amount of the fried potato cream to cover the salmon. Wrap the Sea Lettuce Leaves around the filling using the film to help, and close using toothpicks if necessary. Arrange on a tray covered with baking paper. Bake/grill for about 10 minutes, remove the toothpicks, flip over and serve.

*Serves 2*



## CHEVRE & SEA LETTUCE PALMIER



### Ingredients:

250g puff pastry  
1 tbsp Sea Lettuce Flakes  
150g spreadable goat cheese (chevre)  
1 tbsp lemon juice  
1 tsp lemon zest  
freshly ground black pepper  
1 egg yolk beaten with 1 tbsp water

### Method:

Preheat oven to 200°C. Roll pastry to 15cm x 35 cm rectangle. Trim uneven edges with a sharp knife. Mix goat cheese with lemon juice, lemon zest and Sea Lettuce. Spread evenly over pastry and sprinkle with pepper. Roll up ends tightly to meet in the middle of the pastry. Refrigerate until firm (about 20 minutes). Brush with beaten egg mixture on all sides and cut across into 1 cm thick slices. Place slices on an oiled baking sheet and bake until crisp and golden (about 10 minutes).

## SEA LETTUCE BUTTER CRUST

(FOR FISH OR CHICKEN)

### Ingredients:

125ml re-hydrated Sea Lettuce Leaves, chopped  
60ml unsalted butter, room temperature  
125ml Japanese bread crumbs (panko)

### Method:

Process all ingredients in food processor for 3-4 minutes or until no clumps are left. Remove from processor and roll into a rectangle between two pieces of parchment paper until 6mm thick. Refrigerate until ready to use. Fantastic to crust fish! Just cut a piece similar in size & shape to put on the piece of fish or chicken and bake in the oven.



## SHELLFISH SEASONED with SEA LETTUCE



### Ingredients:

20 shell fish (mussels, cockle, pipi, scallops...)  
90g butter, softened  
2 cloves garlic, crushed  
1 cm fresh ginger, finely chopped  
zest & juice 1 lime  
1 tbsp Sea Lettuce Flakes  
Kelp Salt & pepper  
6 tsp coarse salt to serve

### Method:

Combine ginger, butter, lime & sea lettuce. Add salt & pepper to taste. Scrub shellfish under running water. Place shellfish in a pan with a little water. Cover and steam over medium heat until open, about 5 minutes. Remove with a slotted spoon and discard any that have not opened; cool. Discard top shell and loosen the fish from the bottom shell. Sprinkle an oven proof dish with coarse salt and arrange the half shells on it. Divide butter among shells. Place under pre-heated grill for 2 minutes just before serving.