

## ALMOND JELLY with LYCHEES



Recipe & picture by Kathryn Avery who is a winner of Pacific Harvest's 2010 cooking competition

### Ingredients:

50g raw almonds  
2 cups warm water  
2 cups full cream milk  
3 tbsp caster sugar  
3 tsp Agar  
3 drops almond essence  
1/2 cup flaked almonds  
1 can lychees

### Method:

Blanch the almonds and remove skin. Grind up in a kitchen blender to a fine consistency, then soak for 30 mins in warm water. Strain and keep the almond milk to one side.  
Evaporate the full cream milk on a low heat for one hour to reduce (careful not to boil).  
Dissolve the sugar into the evaporated milk, add the almond milk and then whisk in the Agar. When cooled a little, add the almond essence to taste.  
Pour into a shallow dish and chill.  
Serve with lychees and a sprinkle of almond slivers.  
(Also very tasty with maple walnut ice-cream!)

Serves 4

## LOW SUGAR STRAWBERRY JAM

### Ingredients:

1 full cup over-ripe strawberries, sliced / hulled  
juice & zest of 1 large lemon  
warm water to cover berries (1/2 to 1 cup)  
1/3 cup honey  
1/4 cup chopped mint  
1/2 teaspoon Agar (let this bloom like you would gelatin)



### Method:

Sprinkle the Agar on 1/2 cup of the water and rest for 10 minutes for the Agar to swell. Add all ingredients except the Agar into a pot and bring to a boil over medium heat. Let

the mixture boil uncovered and reduce for 10-15 minutes or until the strawberries begin to break down. Add the soaked agar mixture, combine well and let boil for another 2-3 minutes stirring occasionally. Ladle into sterilized jars.

4 large servings

## ABOUT PACIFIC HARVEST

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

## PACIFIC HARVEST

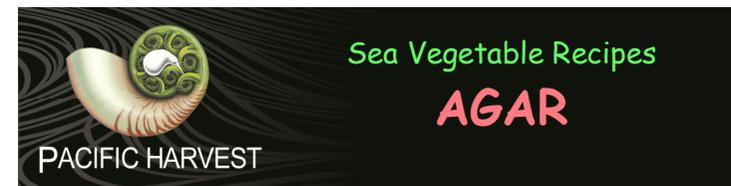
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AGAR is the Malay word for 'jelly'. It is a gelling & thickening agent that is extracted from certain varieties of red seaweeds. It has been used for centuries in Asia, particularly in Japan. It is flavourless, odourless & colourless which makes it an ideal ingredient for many applications in the food industry. Agar can be used in a variety of applications that have different gelling requirements; in addition to replacing gelatine, it harmonises the texture of sauces or dressings and plays a role in stabilizing ingredients like sugar in ice creams & preventing frosting. Agar has some special characteristics that make it unique: it gels at room temperature and has roughly 10 times the gelling power of its animal counterpart (gelatine).



On the health side, Agar is full of protein (though incomplete), and also contains the rich array of minerals common to other seaweeds. Agar is also very rich in fibre and thus very good as an intestinal regulator, and helps prevent constipation. It has virtually no calories and is fat free and aids weight-reduction as agar's indigestible fiber absorbs and retains water resulting in a feeling of fullness. Agar soothes the digestive tract and binds with (and then dispels from the body) toxic and radioactive pollutants.

The recipes in this pamphlet are only a sampling of some of the things that can be done with Agar, enjoy them and discover your own!



## LIMONCELLO PANNA COTTA



### Ingredients:

650ml cream (optional)  
zest of 2 lemons  
100g vanilla sugar  
2 tsp Pacific Harvest  
Agar powder  
3 tbsp Limoncello  
liqueur  
250ml of cream for  
whipping

*\* Dairy products can be  
replaced by nut or soya milk  
for an equally good result*

### Method:

Pour 650ml cream into a cooking pan and sprinkle with the Agar powder. Using a whisk, mix to combine and let stand 10 minutes to allow the Agar to swell. To make the lemon cream, add lemon zest, Limoncello and vanilla sugar to the Agar mixture. Stir to mix and place the pan on medium heat. Allow to warm while stirring to dissolve the sugar & Agar. Do not allow to boil! When the mixture reaches a simmer, mix until you feel a change in consistency (creaminess) then remove from heat. In a separate bowl, whip the remaining cream (250ml) until firm. To combine, add 1/3 of the lemon cream to the whipped cream and mix well with a whisk. Continue adding the rest of the lemon cream until combined thoroughly. Ladle the mixture into serving bowls and refrigerate for an hour or until stiff.

*To serve:* decorate with a thin slice of fresh lemon, pieces of candied lemon or fresh raspberries.

## CHEESE PANNA COTTA with FIG SALAD

### Ingredients:

#### Pannacotta:

1 1/2 tsp Agar powder  
250ml pouring cream  
150ml thickened cream  
150g creamy gorgonzola  
cheese, chopped

#### Fig Salad:

4 figs, quartered (or other fruits)  
2 cups rocket leaves  
1/4 cup walnuts, toasted  
2 tbsp olive oil  
1 tbsp balsamic vinegar



### Method:

Line 4 half cup ramekins with wrapping film. Place the creams in a saucepan, sprinkle with the Agar and combine with a whisk. Let stand for 10 mins. to allow Agar to swell. Simmer the mixture while stirring, and cook without boiling until the consistency changes slightly, indicating that the Agar is dissolved. Remove from heat and whisk in the cheese. Stir until combined well. Pour into prepared moulds, cover and chill for 30 minutes. To prepare the salad, mix the oil & vinegar together, season and toss over the remaining ingredients.

*Serves 4*

## CHARRED ORANGE TART



### Ingredients:

#### Filling:

650ml cream  
zest of 2 oranges  
100g caster sugar  
2 tsp Agar powder  
3 tbsp orange liqueur (or  
orange water)  
250ml cream for  
whipping

#### Pie Crust:

2 cups Butternut Snap  
biscuit crumbs  
70g butter, melted  
50g toasted slivered  
almonds  
*Garnish:*  
3 oranges, sliced thin  
icing sugar for dusting

### Method:

#### For the Filling:

Pour 650ml cream into a pan and sprinkle with the Agar. Using a whisk, mix to combine and let stand 10 minutes for the Agar to swell. Make an orange cream by adding orange zest, orange liqueur and sugar to the Agar mixture. Stir to mix and place the pan on medium heat. Simmer while stirring and cook until Agar & sugar are dissolved. (Do not allow it to boil.) Remove from heat. In a separate bowl, whip the 250ml cream until firm. To combine, add 1/3 of the orange cream to the whipped cream and mix well with a whisk. Continue adding the rest of the orange cream until combined thoroughly. Ladle the mixture into a bowl and refrigerate to set (about 30 min).

#### For the Crust:

Combine the biscuit crumbs, butter and nuts. Press the mixture in tart dish and chill until firm. Spoon the cold custard into the crust.

#### For the Garnish:

Arrange the orange slices on the tart. Dust with icing sugar, caramelize under the grill and refrigerate 1 hour to set well. *Serve* at room temperature for maximum flavour.

*Serves 6 - 8*

## OIL-FREE SALAD DRESSING



### Ingredients:

500ml apple juice  
50g whole grain mustard  
200ml cider vinegar  
1/2 tsp Agar powder  
roasted clove garlic,  
crushed  
chopped tarragon  
salt & pepper to taste

### Method:

In a pot, sprinkle the Agar on half the apple juice and let stand for 10 minutes. Meanwhile, in a different dish, combine the other ingredients with the rest of the apple juice. Bring the Agar mixture to a boil over medium heat while mixing with a whisk. Cook for 2-3 minutes. Add the rest of the ingredients and combine well. Cool to room temperature, stirring occasionally. Conserve in the fridge in jars.