

DULSE SANDWICH



The combination of fruity tomatoes, creamy avocado and salty/crunchy Dulse makes this a feast for the taste buds and the eyes !

Ingredients:

4 slices of seedy multigrain sandwich
1 fresh tomato, sliced
1/2 avocado, sliced into thin pieces
2 tbsp Dulse flakes
2 tsp mayonnaise
freshly cracked black pepper

Method:

Toast the bread slices.

For each sandwich:

Spread the mayonnaise on one slice.
Arrange the avocado on the other slice and sprinkle with the Dulse.
Arrange the tomato slices on top of the avocado & Dulse.
Sprinkle with freshly ground black pepper.
Cover with the mayo slice.
Cut in half for easy handling.

Enjoy !

Makes 2 sandwiches

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.



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 20% of the average diet;



however in the western world it is a family of food 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. Although seaweeds have tantalizing culinary qualities, even more significant is their very compelling

health properties. Seaweed plants contain as many as 60 trace elements and a dozen minerals.

DULSE

Dulse is a North Atlantic red-purple seaweed with leathery, finger-like blades. Its colour is absolutely striking and the taste is definitely marine with a hint of smoky flavour. It pairs wonderfully with all grains & starches, makes a fantastic pesto and is a colourful & tasteful addition to any seafood dish.

Dulse contains calcium, potassium, magnesium, iron, iodine, manganese, copper, chromium, zinc, and vitamins A, B1, B2, B3, B6, B12, C and E.

CABBAGE, APPLE & DULSE SALAD

Ingredients:

Salad:

1/2 medium-sized cabbage (white, green or red)
2 tsp Dulse flakes
pinch of dried chilli flakes
small red onion, sliced thin trimmed & segmented

Dressing

2 tbsp cider vinegar
1/2 tsp runny honey
1/4 cup apple juice
salt & pepper to taste
2 red skinned apples,



Method:

Make the dressing and set aside. Mix all the salad ingredients, add the dressing and toss to combine

Serves 4

SEAFOOD CHOWDER

Ingredients:

10 medium-sized potatoes, peeled and cut into 6
2 medium carrots chopped into thin rings
400g mix of white & smoked fish cut to 2.5cm pieces
100g smoked salmon pieces 200g cooked prawns
1 onion 2 cloves garlic, crushed
500ml milk 250 ml vegetable stock
2 tbsp Dulse flakes 1 knob of butter
100ml cream chopped parsley

Method:

In a saucepan over moderate heat, fry onion & garlic in butter until soft but not coloured. Add the milk & potatoes and simmer for 10 minutes. Add carrots & fish and simmer for 3 more minutes. Add the stock and salt. Stir and squash coarsely with a potato masher. Add the prawns and Dulse and allow the flavours to infuse over low heat for 15 minutes. Add the cream, parsley and salmon (if using). Stir gently and cook for 1 minute.

TO SERVE, ladle into bowls and sprinkle with toasted Dulse.



Serves 4

FISH PIE with DULSE

Ingredients:

750g assorted fish (gurnard, cod, salmon, prawns & scallops)
4 cups milk 2 bay leaves
30g butter 1/4 cup plain flour
3 green onions thinly sliced sea salt & freshly ground pepper
2 tbsp Dulse flakes mashed potatoes, seasoned with salt, pepper & butter or cream.



Method:

Warm oven to 180 C. Poach the fish lightly in milk with the bay leaves & salt/pepper. With a slotted spoon, place the fish in an ovenproof dish. Set aside.

Make a Bechamel sauce:

Melt butter in a saucepan, and add green onions. Cook over medium heat until foaming. Add flour. Cook stirring for 1-2 minutes until bubbling. Remove from heat. Slowly add the strained poaching milk, whisking constantly, until smooth. Return to heat and cook, stirring until the sauce comes to a boil, thickens and coats the back of a spoon. Add Dulse and gently combine with the fish mixture. Cover with mashed potatoes, dot with butter and bake for about 30 minutes until browned

Serves 4

BAKED GOATS CHEESE with DULSE

Ingredients:

225g of fresh goat cheese
250ml gourmet oil
fresh herbs: thyme, rosemary etc.
1 day old baguette bread
2 tbsp flaked Dulse
1 tbsp red wine vinegar
1 tsp sherry vinegar
freshly ground black pepper



Method:

Slice goat cheese into discs and marinate in a mixture of oil & fresh herbs, for several hours & up to a week. Pre-heat the oven to 200°C. Slice the bread and grill briefly until dry and slightly coloured. Place a disc of cheese on each slice of bread and sprinkle quite generously with Dulse flakes & pepper. Bake on a baking sheet for about 6 minutes. Remove from oven and allow to cool slightly.

SERVE on a bed of mesclun lettuce with lemon/lime wedges.

Serves 4

DULSE RED PESTO



Ingredients:

20g Dulse flakes
85ml olive oil
25g pine nuts, lightly roasted
2 garlic cloves, crushed
25g each fresh basil & parsley
25g grated parmesan cheese

Method:

Using a food processor combine all ingredients with pulse feature. Stop and turn ingredients

over with a spatula and combine for 30 seconds. By hand with a mortar and pestle, chop the ingredients finely and slowly add the oil and cheese while mixing and crunching with the pestle.

CREAMY BUTTERNUT SQUASH SOUP with SMOKED KELP & DULSE GARNISH

Ingredients:

1 large butternut squash
1 head of garlic
olive oil to roast the squash
500ml of vegetable stock
1 tbsp Smoked Kelp
Kelp Salt & freshly ground black pepper to taste
Garnish:
1 small tin of coconut cream
Dulse flakes (1 tsp per person or to taste)
black sesame seeds to garnish
chopped parsley & chopped macadamia nuts (optional)



Method:

Heat the oven to 200 C. Cut the squash in half lengthwise, sprinkle with oil and bake in the oven with the garlic for 30 minutes or until golden & tender.

Cool for a few minutes so it can be handled. Spoon the golden flesh out & squeeze the cooked garlic cloves out of their skin and transfer into a food processor. Add some of the stock, the Smoked Kelp and puree until smooth. Adjust the thickness of the soup to your liking by adding more stock and check seasoning.

To assemble, ladle the soup into warm bowls. Drizzle with coconut cream and garnish with Dulse flakes, black sesame seeds, macadamia nuts (if using) and parsley.