

CRAB IMPERIAL

Ingredients:

3 tbsp butter
¼ cup all-purpose flour
2 cups heavy cream
2 shallots, minced fine
1 tender celery stalk,
cheddar cheese finely
grated

2 tbsp dry sherry
2 tins cooked crab meat
½ tsp Chilli Kelp
¼ cup fresh parsley, chopped



Method:

Preheat oven to 200 C. In a large pan over medium heat, melt 3 tablespoons of butter. Gently fry shallots and celery until translucent.

Remove from heat and whisk in flour. Pour in 1/2 cup of heavy cream and whisk well; return to heat and stir until creamy. Remove from heat and pour in remaining cream. Stir in sherry, crabmeat and parsley. Adjust seasoning with salt and freshly ground black pepper. Spoon the mixture into 6 large individual shells. Sprinkle each dish with a good helping of Chilli Kelp and top with grated cheese. Bake in preheated oven for 20 minutes or until top is browned and bubbly.

BAKED FISH WITH LEMON KELP



Ingredients:

Per person:
One fish filet
(salmon, snapper, cod etc.)
1 tsp Macadamia oil
1/2 tsp Lemon Kelp

Method:

Pre-heat the oven to 180 C. Line a baking sheet with foil or baking paper. Rinse each filet under cold water and pat dry with paper towels. Brush the filet with oil on both sides and sprinkle the top with Lemon Kelp. Bake in oven until done. (guideline: 10minutes plus 1 minute per cm of thickness). Serve with lemon wedges and chopped parsley.

FENNEL, FETA & BEETROOT SALAD

Ingredients:

2 red skinned apples, cored & finely sliced

Vinaigrette:

juice of one lemon
¼ cup white balsamic
2 cups baby rocket
leaves, washed &
dried
vinegar
2 small bulbs fennel,
finely sliced
¼ cup macadamia oil
6 baby beetroot,
cooked & cut into
wedges
2 tsp Dijon mustard
1 cup mint leaves, finely sliced
salt & pepper to taste
1 tsp Smoked Kelp seasoning
½ cup firm goat feta, cut into tiny cubes
½ red onion thinly sliced (optional)



Method:

Prepare the apple slices and brush with lemon juice. In a large bowl, toss the rocket, fennel, beetroot, apple, and half the mint, smoked kelp seasoning and onion. Make the vinaigrette by shaking together all the ingredients in a jar. Sprinkle the cubed feta with the remaining Smoked Kelp and add to the salad. Toss with the dressing just before serving. Divide the salad into individual plates and scatter with remaining mint.

CHECK OUT OUR SEAWEED BLOG FOR MORE RECIPES:
www.seaweedrecipes.co.nz

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Sea Vegetable Recipes

KELP SEASONINGS

Seaweeds offer the broadest range of minerals of any food, containing virtually all the minerals found in the ocean. Sea vegetables are extremely nutritious. Comprised of 10 to 35% minerals, seaweed contains beta-carotene and B complex vitamins B1, B2, B3, B6, B12, as well as folic acid and vitamins E and K.

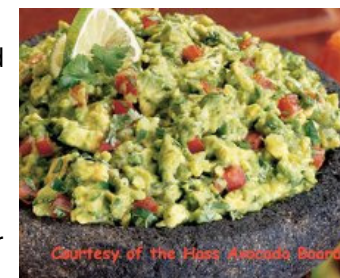


Kelp in particular is nature's richest source of iodine, which as a component of the thyroid hormones is essential to human life. The thyroid gland adds iodine to the amino acids to synthesize hormones which regulate metabolism in every cell of the body and play a role in virtually all physiological functions; therefore, an iodine deficiency can have a devastating impact on health and well-being.

GARLIC KELP GUACAMOLE

Ingredients:

4 avocados, peeled & pitted
juice of 2 fresh limes
2 tsp Garlic Kelp
3-4 drops of tabasco sauce
120ml tomato salsa
chopped fresh coriander
freshly ground black pepper



Courtesy of the Glass Wabooks Board

Method:

Slice & mash the avocados with a fork; mix in the lime juice and the Garlic Kelp, leaving the mixture a bit lumpy. Add the tabasco and salsa (optional). Garnish with pepper and coriander. Serve with corn chips.

CHILLI KELP BEEF CARPACIO with HORSERADISH CREAM



Ingredients:

1/2 lean beef eye fillet	2 heaped tbsp Dijon mustard
Chilli Kelp seasoning	<i>To garnish:</i>
<i>Cream:</i>	Chilli Kelp
50g sour cream	fresh chives
2 tbsp chopped horseradish	salt & pepper

Method:

Spread a good layer of mustard on the beef. Sprinkle a generous amount of chilli kelp on a plastic wrapping film and roll the beef until evenly covered. Wrap the meat and let stand for about 20 minutes for the flavours to integrate. Set oven to grill at 220°C. Meanwhile mix the sour cream and horseradish and season to taste. Unwrap the meat and arrange on a rack over a cooking tray. Sear the beef in the oven, 10 minutes per side, turning once. Remove from the oven and let stand 15 minutes for the juices to settle. Slice the beef and serve with the horseradish mixture on vegetables. Sprinkle with chilli kelp and chopped fresh chives.

FRESH TOMATOES with LIME KELP



Ingredients:

6 ripe tomatoes
1 - 2 tbsp avocado oil
Lime Kelp

Method:

Slice or wedge the tomatoes. Drizzle with avocado oil and sprinkle with Lime Kelp.

AVOCADO & CITRUS SALAD with SMOKED KELP

Ingredients:

3 ripe but firm avocados
4 oranges, segmented
1/2 red onion, thinly sliced
1 tsp Smoked Kelp
freshly ground pepper
watercress leaves

Vinaigrette:

1/4 cup macadamia oil
1 tsp honey
1/2 cup orange juice



Method:

To prepare the avocado, cut lengthwise around the seed. Open the 2 halves to expose the pit. Twist the pit out and discard. Slice the avocado into segments and sprinkle with lemon juice. To peel the citrus fruits, cut a thick slice from both ends to expose the flesh. Stand upright and cut away the peel and white pith following the curve of the fruit. Separate the wedges, discarding the membranes. To serve, scatter watercress leaves on a platter. Gently combine the fruits, onions and seasonings. Spoon the dressing over the salad and sprinkle with Smoked Kelp and freshly ground pepper.

CRUNCHY SWEET & SPICY PECANS



Ingredients:

250g pecans
1 tbsp sunflower oil
4 tbsp sugar
1 1/2 tsp Chilli Kelp

Method:

Preheat oven to 150°C. Spread pecans on an

oven tray. Roast, shaking the tray occasionally until nutty and toasted (about 30 minutes). Heat the oil in a frying pan over medium heat. Add the nuts and stir to coat. Sprinkle with sugar; cook stirring constantly until the sugar melts and starts to brown slightly (about 5 minutes). Remove from heat but continue stirring until cooled slightly. Sprinkle with Chilli Kelp and toss well to coat the nuts. Serve at room temperature

LIME KELP CEVICHE

Ingredients:

500g very fresh fish (monkfish, orange roughy, scallops, prawns)
1 small red onion, finely chopped
2 tbsp small capers
colourful capsicums, finely chopped
juice of 6 limes (& zest of 1)
3 tbsp lime flavoured avocado oil
1/2 tspn Lime Kelp
bruised kaffir lime leaf
few pink peppercorns
200ml coconut cream
lettuce or banana leaves to serve
fresh chopped parsley to garnish



Method:

Rinse fish under cold water and pat dry. Slice into fine pieces and arrange in a glass bowl. Add all ingredients except coconut cream and marinate for 6 hours. Add coconut cream before serving and season with salt and pepper to taste. Serve on lettuce or banana leaf, garnish with parsley and season with Lime Kelp seasoning.

GREEN VEGES with LEMON KELP

This recipe is delicious with broccoli, asparagus, green beans or Brussels sprouts.

Ingredients:

fresh green vegetables
oil (olive, macadamia, almond, avocado, etc)
Lemon Kelp

Method:

Blanche or steam the vegetables leaving them 'al dente' and bright green. Cool them down quickly with cold water to stop the cooking. On a serving plate drizzle them with the oil of your choice and sprinkle with Lemon Kelp.

