

## KOMBU CURED TUNA (24 hours curing time)

Photo by John Paul Urizar

### Ingredients:

Pacific Harvest Kombu Leaves (enough to wrap tuna)  
500g sushi-grade tuna steak cut into 5mm thick pieces  
zest of 1 lime                      2 tsp fresh lime juice  
50ml honey                         1 tbsp soy  
6 tbsp cooking sake              Smoked salt to taste  
watercress leaves to garnish

### Lime & Sake Yoghurt Dressing:

3 tbsp plain yoghurt              1 tbsp sake  
1/2 lime - zest & juice



### Method:

In a bowl, cover the Kombu Leaves with warm sake and let stand until softened ( 5 - 10 minutes). Drain. Set the tuna on the Kombu and top with the other ingredients. Wrap the Kombu Leaves around the tuna and moisten with 2 tbsp of the sake juice. Cover with a plastic wrap and refrigerate for 24 hours.

### To make the Lime & Sake Yoghurt Dressing:

Combine the yoghurt, 1 tbsp sake and zest & juice of half a lime in a bowl. Mix well and serve as a dressing over the cured tuna pieces.

To serve, peel off the kombu and cut the tuna into 1/2 cm slices. Transfer the tuna to plates on a bed of watercress and garnish with the dressing.

## 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.

*CHECK OUT OUR SEAWEED BLOG FOR MORE RECIPES:*

[www.seaweedrecipes.co.nz](http://www.seaweedrecipes.co.nz)

## PACIFIC HARVEST

9 Tait Place, Unit C1, Albany, Auckland 0752, NZ

PH: (09) 414-7600                      Fax: (09) 41407601

EMAIL [info@pacificharvest.co.nz](mailto:info@pacificharvest.co.nz)

[www.pacificharvest.co.nz](http://www.pacificharvest.co.nz)



## 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. Try some of our recipes !

### New Zealand Kombu

Made from NZ Kelp, our kombu is a 100% raw product that comes in strips and leaves. The Strips are similar to the Japanese "Dashi" Kombu although their shape is a little different and the taste may be a bit more subtle. Their main use is to make a full-bodied stock (Dashi) which can be used as the main ingredient in Miso soup and other dishes. The Leaves are used when a more delicate stock is required and can be used to make chips, as a wrap in seafood and other dishes, or for caramelising, etc. Kombu is also delicious when cut up and used in many recipes after cooking. A small piece (1 gram) added to dried beans, etc. during cooking will make them easier to digest. Kombu has a wide range of trace elements, vitamins and minerals. When dried naturally, Kombu acquires a thin layer of white powder which many people find extremely flavourful. This white powder is called umami in Japan and subtly enhances the taste of the other ingredients. When preparing Kombu, this powder should not be washed away, but if there is any foreign material the strip can simply be wiped clean with a slightly dampened cloth. Kombu can also be added to soups, stews, rice, etc. to add a flavour of the sea. Like kelp, kombu is very rich source of iodine.



## TRADITIONAL KOMBU DASHI

Dashi is a mild Japanese stock made with Kombu: many variations include bonito flakes. Dashi can be used in many dishes and for many culinary purposes, the most obvious of these being Japanese miso soup.

Known as ichiban-dashi (first dashi) - used in soup.



### Ingredients:

1 Pacific Harvest Kombu Strip, wiped clean  
5 cups cold water  
5g bonito flakes

### Method:

Place the Kombu in a pot with 4 cups cold water. Heat at medium high to a slight simmer then turn the heat off. Leave the Kombu for

10 minutes or more depending on the desired strength. Remove the Kombu Strip when ready.

Bring the seaweed stock back to a gentle boil and add the rest of the water and the bonito flakes. DO NOT STIR. Once the water comes to a boil again turn off the heat. Once the bonito flakes fall to the bottom of the pot, strain through a sieve or cheese cloth. The dashi is now ready.

*Note: It is believed that to make the best dashi the Kombu Strip should not be boiled. The used strip can be cut into fine "matchsticks" and added to the soup when ready to serve or used again to make a less delicate dashi called niban-dashi (second dashi). The Kombu is simmered in half the water (2 1/2 cups) and allowed to soak longer (20 minutes or more) after the heat is turned off. It should then be strained through a sieve lined with a paper towel. This second dashi is used as stock for simmering dishes and casseroles.*

## VEGAN STOCK with KOMBU

### Ingredients:

2 litres water  
1 kelp strip  
1 small carrot, sliced roughly  
1/3 cup dried porcini or Shiitake mushrooms  
A small strip of lemon peel (opt'l)  
fresh thyme, parsley & coriander stalks

1 stick celery  
1 medium onion incl. skin for colour, sliced roughly  
2 thin slices of fresh ginger  
1 - 2 cloves garlic



### Method:

Place all the ingredients in a large pot, cover and bring to a simmer slowly. Simmer gently for 1 hour. Strain into a large bowl. Pieces of the seaweed and mushrooms can be returned to the stock if desired. Use as a strength-giving drink or a base for soups and stews.

## 2 KOMBU MARINADES

These marinades are delicious as a garnish and enhancement of rice and salads (e.g. green, cucumber, potato grain and bean). They combine well with either hot or cold dishes. The broth is excellent as is, or used in any soup.



### KOMBU with SOY SAUCE & HONEY

Soak 15 to 30 grams Kombu in 6 cups very hot water for 30 minutes. Remove and cut the Kombu into thin (1/2 cm) strips. Saute in a wok for 10 minutes with 2 tbsp honey, 1 tsp oil, 1/3 cup soy sauce, 2 cloves garlic, crushed. Add 1 cup of Kombu broth, cover wok & simmer for a few minutes. Put marinade in refrigerator for at least 2 hours. (Save the remaining broth for other recipes)

### KOMBU with GINGER & HONEY

Prepare Kombu as above. Sauté in the wok with 2 tbsp honey, 1 tbsp crushed ginger and the juice of 1 lemon. Continue as above.

## KOMBU CHIPS

### Ingredients:

2 Kombu Leaves, cut into individual pieces  
Sesame oil  
Sesame seeds or seasonings (opt'l)

### Method:

Rehydrate the kombu leaves briefly in water. Dry well with paper towel. Pain the leaves with a thin layer of sesame oil. Add seasoning or sesame seeds if desired. Bake at 150 C until crunchy.



## BEST-EVER MISO SOUP

### Ingredients:

4 cups dashi stock  
1 cup dried exotic mushrooms  
200g firm tofu, cubed  
1 cup watercress (or spinach)  
2/3 cup coriander leaves  
pinch of red pepper flakes (optional)

15g dried Wakame  
2 tbsp aka miso (red)  
4 tbsp shiro miso (light)  
90g Hakubaku soba noodles  
2 spring onions, thinly sliced

*Note: A little sesame oil will give the stock a richer flavour; grated garlic and ginger cooked in a small amount of water can also be added. Other ingredients like edamame, bok choy and prawns or clams can be used to make a more substantial soup.*

### Method:

Rehydrate the Wakame in warm water for 5 minutes, then drain. Soak the mushrooms in water for 10 - 15 minutes. Cut thin and add the soaking water to the dashi. Cook the soba noodles in salted water according to manufacturer's instructions, drain and rinse in cold water. Bring the stock to a simmer. Add both misos and whisk - do not boil. Add the tofu and cook for 1 minute. Split the noodles between 4 bowls; divide the wakame, watercress, spring onion, coriander and other ingredients you may want to add. Ladle the stock and serve immediately



*Makes 2 large bowls*

## LIME / CUMIN AOLI

### Ingredients:

1 cup pine nuts or soft silken tofu  
1/4 cup lemon juice  
1 tbsp cumin seeds, toasted & ground

1 stick of Kombu  
3 cups water  
1/8 cup lime juice  
1 tsp olive oil

### Method:



Soak the pine nuts in 1 cup water for 3 hours then drain. Simmer the Kombu in the rest of the water until the liquid is reduced to 1/2 cup. (Alternatively, use 1/2 cup dashi stock and the remaining cooked Kombu). Puree the pine nuts with the Kombu & simmering liquid. Add the lime juice, cumin and 1/2 the lemon juice. Adjust the taste with more lemon juice and olive oil.