

FRUIT SALAD with KIRSCHED SEA SPAGHETTI

Ingredients:

20g dried Sea Spaghetti 100ml water
dash of raspberry syrup 1 tsp honey
dash of kirsch or cherry brandy

Fruit Salad:

200g dried figs or prunes 200g dried apricots
55g sultanas 1/4 cinnamon stick
300ml green tea + juice of
one lemon + dash pine-
apple juice
1 tsp molasses or honey
dash of kirsch or cherry
brandy
dash raspberry syrup
(optional)
1 cup mixed frozen berries
1 medium tin of sliced
peaches



METHOD

To prepare & leave overnight:

Rinse Sea Spaghetti in cold water and snip into 2.5cm pieces. Then soak the seaweed in the mixture of water, honey, kirsch or cherry brandy and syrup. Leave overnight at room temperature. Soak the prunes/figs, apricots & sultanas in a mixture of green tea, lemon juice, pineapple juice, honey, kirsch and raspberry syrup. Defrost the berries at room temperature.

Next day:

Simmer the dried fruits gently together in the soak liquid with the cinnamon stick for 20-30 minutes. Add the prepared brandied Sea Spaghetti, remove from heat and allow to cool a little. Transfer to a large serving dish and add the berries, the peaches and the peach juice. Mix together gently. Add honey to taste if necessary. Add kirsch to taste and serve at room temperature. Serve with a dollop of mascarpone cheese, custard or crème fraiche.

Enjoy !

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

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

Ph: (09) 414-7600

Fax: (09) 41407601

EMAIL info@pacificharvest.co.nz

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 !

Sea Spaghetti

Sea Spaghetti is a dark brown-green seaweed that looks like dried fettuccine. It can be served hot or cold and is excellent mixed with other vegetables and in noodle dishes (with noodles or as a substitute). Sea Spaghetti comes in long dried sticks; it is reconstituted in water or other liquids, blanched or cooked like noodles. It has a subtle taste of the sea; the longer it is soaked, the less 'sea flavour' remains. (Some people recommend soaking it overnight). It takes up the flavour of the liquid in which it is soaked, thus opening up many exciting culinary possibilities. Although seaweeds have tantalizing culinary qualities, even more significant are their very compelling health properties. Sea Spaghetti is rich in chlorophyll, known for its incredible cleansing powers. It is also an excellent source of Vitamin C, dietary fibre, of calcium, magnesium, potassium and iodine. It also contains many other minerals, trace elements and essential amino-acids.

SEA SPAGHETTI & CARROT SALAD

(from Diane Roemer in Irish Seaweed Kitchen)

Ingredients:

15g dried Sea Spaghetti
2 tbsp lemon juice
1 tbsp wine vinegar
4-5 carrots sliced into long, fine lengths with a potato peeler
fresh chives, chopped

Dressing:

tbsp olive oil
2 tbsp lemon juice
1 tsp whole grain mustard
2 cloves garlic, crushed
1 tsp Chilli Kelp



1 tsp honey
pinch of cayenne pepper
freshly ground black pepper

Method:

Rinse the Sea Spaghetti and soak in warm water for one hour or briefly steam until 'Al Dente'. Rinse the seaweed again and marinate in lemon juice & wine vinegar for a few hours. Chop most of the seaweed into 5cm pieces, keeping a few full length ones to decorate. Combine the dressing ingredients and pour over the carrot & Sea Spaghetti mixture. Allow to marinate for at least one hour. Enjoy as an appetizer or accompaniment in a main meal.

Serves 4 to 6

SEA SPAGHETTI & KALE SALAD



Ingredients:

10g dried Sea Spaghetti
1 large bunch kale, washed & large veins removed
5cm piece of ginger, peeled & cut into matchsticks
2 tbsp roasted sesame seeds
1/4 cup or tamari sauce
2 tbsp sesame oil

Method:

Soak the Sea Spaghetti in warm water overnight or cook in boiling water for 10 minutes. Drain reserving water, chop coarsely and set aside. Steam kale until just tender, drain, rinse in cold water & spin dry. Chop into bite sized pieces. Put the kale and Sea Spaghetti in a salad bowl & sprinkle with the ginger & sesame seeds. Combine the rest of the ingredients in a small bowl & pour over the salad. Serve immediately or refrigerate for up to 2 days.

Serves 4 to 6

VEGETARIAN MOUSSAKA

(recipe from BioGourmand)

Ingredients:

1 large eggplant
100g nerone rice (black rice)
300g tomato sauce
20g dried Sea Spaghetti, rinsed and soaked for an hour.
olive oil
fresh basil leaves
freshly ground pepper to taste

White Sauce:

1 cup white almonds, soaked 1 hour or more and drained
2 tbsp lemon juice
1/3—1/2 cup water
1/2 tsp kelp salt



Method:

Cook the rice in water according to directions on the packet. Meanwhile prepare the eggplant - peel and cut into slices, then brown in a pan with a bit of olive oil. Rinse the soaked Sea Spaghetti a couple of times. In an oven dish (or individual dishes), start with a layer of eggplant slices. Sprinkle with chopped basil and a layer of cooked rice. Spread with the sea spaghetti and a second layer of eggplant slices. Spoon tomato sauce over and cook in the oven at 180°C for 25 minutes. To make the white sauce, put all ingredients in the blender with just 1/4 cup of the water and blend until very smooth. Add more water if necessary to achieve a creamy consistency. Spread on the moussaka, garnish with basil leaves and serve. Alternatively, the moussaka can be put back in the oven for 10 minutes to 'brown' the almond topping.

Serves 4

SEA SPAGHETTI MEDITERRANEAN SALAD

(from Real Food Tulsa blogspot)

Ingredients:

20g dried Sea Spaghetti soaked overnight & rinsed several times.

Sauce:

3-4 ripe garden tomatoes, chopped
1 small yellow onion, diced
1/4 cup black olives, sliced
2 garlic cloves, minced
3 tbsp dry white wine
3 tbsp each fresh parsley & basil

Method:

Sea Spaghetti can be eaten raw (rinsed after soaking) or blanched in boiling water briefly to restore vibrant colour. For the sauce, whisk together the olive oil and the wine. Add all the chopped ingredients and mix together until well coated. Pour the mixture over the sea spaghetti and serve.

Serves 2



3 tbsp olive oil
1/4 tsp dried oregano leaves
freshly ground black pepper

CHICKEN SOUP with SEA SPAGHETTI

Ingredients:

10g dried Sea Spaghetti soaked in warm stock overnight
1 tbsp extra virgin olive oil
1/2 yellow onion
1 bunch kale
3 cups chicken, cooked & shredded
chopped parsley
3 leeks
2 garlic cloves
9 cups chicken stock
1/2 tsp Kelp Salt
1 tsp freshly ground black pepper



Picture from www.insockmonkeyslippers.com

Method:

Cut the roots & dark green leaves off the leeks and halve them lengthwise. Cut them into small crescent shapes about 1cm thick and set aside. Cook the onions, garlic, leeks with the salt over medium heat in a large pot until the onions and leeks are translucent (8 - 10 minutes). Remove the ribs from the kale and tear into bite-sized pieces. Add the kale, chicken stock and pepper to the leek mixture and bring to boil while stirring. Reduce heat and simmer for 10 minutes. Add the chicken and Sea Spaghetti and simmer another 10 minutes. Add salt and pepper to taste

Serves 6