

TASTY CHEESE BALLS

The combination of tangy goat cheese coated with Furikake is tasty, filling, and at least a little decadent !

To make 15 -17 truffles using 1 teaspoon of goat cheese per truffle ...

Ingredients:

150g fresh goat cheese
3 tbsp Pacific Harvest Furikake (try different flavors)
freshly cracked black pepper



Method:

Unwrap the goat cheese and put it in a medium-sized bowl. Mash it with a fork to break it up a little. (Only break up the cheese enough so it's easy to scoop with a spoon.)

Put the Furikake and freshly ground pepper into a medium bowl and mix.

Scoop out the goat cheese with a teaspoon. (This doesn't have to be precise - it's mainly to help ensure your truffles all end up about the same size.)

Roll the cheese between your palms to form it into a ball. Drop the ball into the bowl with the Furikake & pepper.

Roll the ball around gently until it's well coated. Transfer the goat cheese ball to a plate or serving platter. Repeat with the rest of the cheese until you've used it all up.



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.



Furikake Sprinkles

Pacific Harvest's products are sought after for their extraordinary nutritional properties - sea vegetables are the 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.

CHECK OUT OUR SEAWEED BLOG FOR MORE RECIPES:

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

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 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. Pacific Harvest Furikake is no exception.



Furikake

Our Furikake is a mixture of five different seaweeds, sesame seeds and seasonings and is used as a coating on fish or meats or as a seasoning for rice, pasta or vegetables.

Pacific Harvest Furikake has been specially formulated to preserve the magical flavour of traditional Japanese condiment without the use of animal products or MSG. It can be used before, during or after cooking and comes in three natural flavours: Chilli, Citrus and Garlic.

SEARED TUNA IN FURIKAKE



Ingredients:

Very fresh Tuna Steaks
(one per person)
6 - 8 tsp Citrus Furikake
1 tbsp olive oil
Kelp Salt and freshly ground pepper

Method:

Rub the tuna steaks with a little olive oil and season with salt and

pepper. Spread Pacific Harvest Furikake on a plate and roll the sides of the tuna in the mix.

Heat a non-stick fry pan until hot. Sear the tuna for 30 seconds to one minute on each side depending how rare you like the steaks.

To Serve: line a dish with watercress, pile horizontally sliced tuna steaks on top.

Serves 4

GRILLED CARAMELIZED PUMPKIN

Ingredients:

1/2 a pumpkin cut in chunks or wedges, seeds removed
4 tbsp Chilli Furikake
1/4 cup olive oil
1 head garlic, separated into cloves and peeled
freshly ground black pepper

Method:

Heat oven to 250°C.

Place the pumpkin in a roasting pan and drizzle with the oil. Tuck the garlic between the pieces of pumpkin and sprinkle with the Furikake and black pepper.

Roast in the oven for 40-45 minutes until brown and caramelized.

Serves 4



SOBA NOODLES

Ingredients:

3 tbsp Chilli Furikake
1/4 cup olive oil
2 tbsp finely chopped, peeled ginger
Soba noodles for 4
6 green onions thinly sliced
1 cup of steamed broad beans or soya beans
3 small bok choy, cut finely
1 cup fresh mushrooms, thinly sliced

Method:

Mix all dressing ingredients until sugar is dissolved. Set aside. Heat the oil in a pan on medium-high and sauté garlic & ginger until fragrant (about 30 sec). Add mushrooms and continue cooking until tender & golden (about 5 min). Add bok choy and most of the green onion and cook al dente. Turn heat off and add dressing, stir.

Cook soba noodles and beans in a pot of boiling salt water until noodles are just tender, about 5 min. Drain in a colander & rinse under cool water to stop cooking, drain well. Transfer to a large bowl and toss with Furikake and vegetable mixture. Served sprinkled with reserved green onions.

Serves 4



Dressing:

1/3 cup water
1 tbsp packed brown sugar
few drops of Tabasco sauce

STIR-FRIED PRAWNS



Ingredients:

500g of uncooked fresh prawns
5 tbsp of Garlic Furikake
2 tbsp olive oil
freshly ground black pepper

Method:

Heat half the olive oil in a pan or wok on medium-high until it shimmers. Add the prawns in 2 separate batches. For each batch, stir the prawns quickly for 2 minutes then add half the Garlic Furikake. Stir for 2 minutes more or until done to taste. Sprinkle with freshly ground black pepper. Repeat for the second batch.
Serve on a bed of mesclun lettuce with lemon or lime wedges.

Serves 4

CHICKEN KEBABS

Ingredients:

4 skinless, boneless chicken breasts
4 tbsp of Pacific Harvest Citrus Furakaki
Juice & zest of 2 lemons
1 lemon thinly sliced
1/3 cup olive oil
1 clove garlic, crushed
salt & pepper

Method:

Soak wooden skewers in water for at least 30 minutes.

Cut chicken breasts into chunky cubes and place in a bowl with the lemon juice & zest, oil and garlic. Cover and leave to marinate for a few hours, or as long as you can.

Pre-heat the grill to 200°C. Thread the chicken pieces tightly onto skewers occasionally weaving in a thin lemon slice until all the chicken has been used. Sprinkle the kebabs generously with the Citrus Furikake and place the skewers on a rack in a heatproof dish. Position the dish so that the skewers are about 4 inches from the grill. Cook for about 10 min. on each side or until cooked through and toasted at the edges.

Serves 4



FURIKAKE STICKS

Ingredients:

1 rolled up sheet of puff pastry
Pacific Harvest Furikake
1 egg well beaten
finely grated parmesan cheese
freshly ground black pepper
1 egg yolk beaten with 1 tbsp water

Method:

Preheat oven to 190°C. Line a baking sheet with non-stick baking paper. Brush the pastry sheet with the beaten egg and sprinkle generously with the Furikake. Sprinkle the parmesan cheese and season with freshly ground black pepper.

Cut the pastry in half lengthwise, and then each half in 2cm wide strips.

Pick up each strip and twist before placing on the baking paper. Brush with beaten egg. Bake for 15 minutes or until crisp and golden. Serve warm or at room temperature.

Makes about 20 pieces

