

SEAWEED SALAD



Photo & recipe by Jessica Kettler

Ingredients:

Salad:

- 1 tbsp dried mixed Sea Chicory Salad
- 1 piece of dried Alaria
- 1 tbsp dried Farmed Wakame Fronds
- 1/2 a cucumber sliced thin
- 1 tbsp toasted sesame oil
- 1 tbsp cooking sake
- 1 tbsp rice vinegar
- 1 tbsp Tamari/soya sauce
- 1 tsp honey
- 1 tsp sweet chilli sauce

Suggested Toppings:

- Toasted sesame seeds (white or black)
- Spring onion, thinly sliced
- Radish, paper-thin
- Avocado, diced

Method:

Rehydrate seaweed in tepid water for 5-8 minutes. Squeeze dry, cut coarsely and place in a bowl. Add the toppings. Mix dressing ingredients, drizzle over the salad and toss. Sprinkle with more sesame seeds. Lay the cucumber slices on a serving plate and spoon the salad over them. Serve immediately.

ALARIA ROLLS

Ingredients:

Small Alaria leaves, re-hydrated
Cream cheese or crème fraiche
Smoked salmon slices
Fresh dill sprigs
Freshly ground black pepper to taste

Method:

Cut the Alaria leaves in half if they are long. On each piece of seaweed, lay thin slices of smoked salmon. Spread a dollop of cream cheese or crème fraiche and sprinkle with fresh dill. Make a small roll and serve with a wedge of lemon.



Fresh Alaria



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

Alaria is often called 'Atlantic Wakame' and is one of the most consumed seaweeds in the northern hemisphere. Like the Wakame from Asia, its taste is mild and texture silky with a bit more crunch than its Asian cousin. The white powder on the surface of the dried seaweed is called "Umami", the ultimate savoury flavour so praised by chefs. Try our recipes!

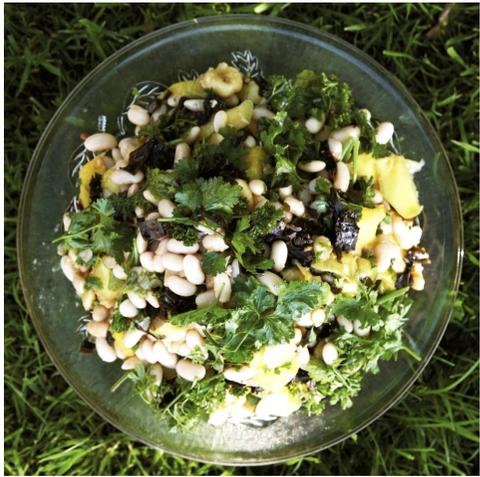


Endemic to the Atlantic coastlines off Europe & North America, it is mostly consumed in the more Nordic parts of these continents. Our Alaria is harvested from the wild in Ireland and dried naturally to preserve its natural colour and nutritional properties. Alaria belongs to the brown Seaweed group and although the nutrients come in a different balance to Wakame, its nutritional benefits are largely similar.

Alaria is an excellent source of vitamins (A, B complex, C, K & E), minerals & trace, positive ratio of omega 3 fatty acids, important enzymes and a source of prebiotic fibres, natural antioxidants. When compared to other foods, Alaria is exceptionally high in iodine, magnesium, fucoxanthin (great at stabilising the metabolism and regulating glucose levels) and fucoidan (anti-carcinogenic).

Even though it has such a high concentration of nutrients, Alaria is surprisingly low on calories.

CANNELLINI BEANS & ALARIA SALAD



Recipe & image from 'Irish Seaweed Kitchen' by Prannie Rhatighan

Ingredients:

Salad:

25g raisins soaked in juice of 2 lemons to plump up
100ml olive oil
1/2 red onion chopped fine
2 garlic cloves, crushed
1/2 red chilli, chopped fine
2 tins of cannellini beans
2 bananas, sliced
fresh mango, cubed
marinated Alaria
large bunch coriander, chopped

Method:

To marinate Alaria:

Soak alaria in just enough tepid water for 5 minutes. Warm the marinade ingredients - except sesame oil, together in a small pan. Add the Alaria and a bit of the soaking water to the pan and soak for another 20 minutes. Add sesame oil after soaking. If you'd like to caramelise the Alaria, bring the pan to a simmer for 10 minutes.

Salad:

Rinse the cannellini beans under cold water, drain and place in a large bowl. Spoon raisins out of the juice and sprinkle it on the sliced bananas to prevent browning. Add raisins, oil, onions, garlic & chilli and combine well.

Marinated Alaria:

2 Alaria leaves, midrib* removed and chopped small.
1 tbsp Tamari/soya sauce
3 garlic cloves, crushed
1 tbsp olive oil
2 tsp honey
1 tsp grated ginger
Dash of sesame oil

** midrib is quite crunchy and can be added to soups & stews during cooking.*

TOMATO SOUP WITH ALARIA

(recipe by Maine Coast Sea Vegetables)

Ingredients:

1 large onion chopped
1 tbsp olive oil
2 large carrots, sliced thin
2/3 cup re-hydrated Alaria, cut in small pieces
1 cup brown rice, rinsed
3 cups water or Kombu stock
6-8 large tomatoes or tin of chopped tomatoes in juice
2 tsp thyme
1 bay leaf
Salt & pepper to taste
Italian parsley to garnish
sprinkle of grated parmesan cheese (optional)



Photo by Sarah Murphy-Kangas

Method:

Sauté the onion & carrots in a sauce pan for a few minutes. Add the remaining ingredients except for the parsley. Simmer over low heat for 45 minutes until rice and vegetables are tender. Remove from heat and ladle in bowls. Garnish with fresh parsley & parmesan

Makes 4 servings

ALARIA MISO SOUP

Ingredients:

1/4 cup rehydrated Alaria
1/2 cup re-hydrated shiitake mushrooms
1 tsp sesame oil
4 cups water or Kombu stock/dashi
2 tsp miso/ cup of liquid, so 8 tsp here
chopped spring onion to garnish
1/2 cup chopped coriander leaves

Method:

Soak alaria in tepid water for 5 minutes, chop bite-size. Sauté mushrooms in a pan until golden. In a pot, warm the water/stock to a simmer. Spoon the miso into a small bowl & add in a small ladleful of the water/stock and whisk until you have a smooth slurry. Add that back to the pot, then simmer gently for a few minutes, making sure not to bring it to a boil. Add the other ingredients and serve immediately.

Note: if you prefer Alaria really soft, simmer the soup without boiling for 15 minutes.

Serves 2



photo by James Ransom

GRILLED OYSTERS IN ALARIA

Ingredients:

Small Alaria leaves, soaked for 10 minutes in tepid water
12 medium oysters
Tabasco Sauce

Method:

Pre-heat a grill (BBQ)* to medium. Shuck oysters and transfer them to a bowl, reserving shells. Scrub & rinse shells & set aside. Wrap a strip of seaweed (~10cm) around each oyster, then return each oyster to its shell. Repeat for the remaining oysters. Put the oysters on the grill (in their shell) and cook without turning until just steaming, about 5 minutes. Arrange the cooked oysters on a serving platter and top each with a dash or two of Tabasco. Serve hot or chilled.

