CRAB IMPERIAL

Ingredients:
- 3 tbsp butter
- ¼ cup all-purpose flour
- 2 cups heavy cream
- 2 shallots, minced
- 1 tender celery stalk, 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 add 2 tablespoons of dry sherry. Add ¼ cup of all-purpose flour and whisk well. Pour in 2 cups of heavy cream and whisk well; return to heat and stir until creamy. Remove from heat and pour in remaining cream. Stir in sherry, 2 tins cooked crab meat, ½ cup of fresh parsley, and ½ tsp of Chilli Kelp. 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 cheddar cheese. Bake in preheated oven for 20 minutes or until top is browned and bubbly.

BAKED FISH WITH LEMON KELP

Ingredients:
- One fish filet (salmon, snapper, cod etc.)
- 1 tsp Lincoln Oil
- ½ tsp Lemon Kelp

Method:
Pre-heat the oven to 180°C. Line a baking sheet with foil or 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 and top with grated cheese. Bake in preheated oven for 20 minutes or until done. (guideline: 10 minutes 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 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

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.

Sea Vegetables 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 betacarotene and B complex vitamins B1, B2, B3, B6, B12, as well as folic acid and vitamins E and K.

GARLIC KELP GUACAMOLE

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

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.

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

PACIFIC HARVEST

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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 wellbeing.

PACIFIC HARVEST
**CHILLI KELP BEEF CARPACIO with HORSERADISH CREAM**

**Ingredients:**
- 1/2 lean beef eye fillet
- 2 heaped tbsp Dijon mustard
- Chilli Kelp seasoning

**Cream:**
- 50g sour cream
- 2 tbsp chopped horseradish

**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.

**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 tsp 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.

**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.