

## WELSH LAVER BREAD

### Ingredients:

25g Karengo Fronds  
1 small leek  
20g medium oats or millet  
Freshly ground pepper \*

1/2 cup water  
1 tsp butter or olive oil  
20g gluten-free breadcrumbs  
oil for frying

\* Smoked Kelp can be added to impart a delicate smoky flavour

### Method:

Simmer the Karengo gently in a pot with the water, stirring occasionally until the seaweed is soft and almost dissolved (about 30 minutes). In a separate pan fry the leek in butter or oil until bright green.

Transfer to a bowl and combine with the Karengo, breadcrumbs, and pepper. Form into patties, roll in the cereal flakes and fry in the oil until golden. Serve with eggs and roasted tomatoes for breakfast or as a snack with dipping sauce.

Serves 4



## SWEDISH POTATOES WITH KARENGO

### Ingredients:

4 medium potatoes, peeled  
2 large onions, finely chopped  
200ml pouring cream  
200ml chicken stock  
2 tbsp flat leaf parsley  
1/4 cup Karengo Fronds  
3 tbsp capers, drained  
1/4 cup fresh breadcrumbs  
3 tbsp olive oil  
sprinkle of paprika (optional)



### Method:

Pre-heat the oven to 180°C. Cook the onions in 2 tbsp olive oil over medium heat, stirring occasionally until soft but not brown. Chop the Karengo Fronds in a herb grinder to leaf-size. Mix the Onions, potatoes, Karengo, parsley and capers. Add salt and pepper to taste. In a saucepan heat the cream and stock together; when hot pour over the potato mixture. Top with the breadcrumbs and drizzle with the last tbsp of oil. Bake for 1 hour until golden and bubbling.

Serves 4

## 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.



## 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.



There are many of species of the seaweed *Pyropia* (Karengo's scientific name) throughout the world with many different local names (e.g. karengo, nori, laver, etc). What we term Farmed Karengo is a variety that is cultivated as opposed to growing in the wild. Because of harvesting limitations in NZ, we may need to source Karengo from other places. It is slightly different to New Zealand's premium ribbon-shaped Karengo – darker with green hues, much dryer so it is lighter for the same size bag. With very similar nutritional properties to NZ Karengo, it is suited to same uses. Karengo is extremely nutritious and is an excellent source of many valuable minerals and trace elements, vegetarian protein, vitamins A and B12, and essential amino acids.

Farmed Karengo is sourced from an organisation in Korea that holds high standards of quality and has been thoroughly tested for contaminants.

## BROAD BEANS with TOMATOES & KARENGO

### Ingredients:

350g Broad Beans out of the pod  
3 tbsp olive oil  
460g cherry tomatoes, halved  
6 spring onions, finely chopped  
2 garlic cloves, finely chopped  
1/4 cup Karengo Fronds  
2 tbsp fresh marjoram, chopped  
2 tbsp fresh parsley, chopped  
Kelp Salt  
freshly ground black pepper



### Method:

Blanche the beans in boiling water for 1 minute. Drain into a sieve and hold under cold running water to stop the cooking. Drain again and peel off the outer skin. Heat the oil in a non-stick pan until very hot, add the tomatoes and sauté over high heat until juicy and starting to caramelize. Add the spring onions and garlic and cook over medium heat for 2 minutes, until the onions just begin to soften. Add the beans and Karengo Fronds and cook for another 2 minutes, stirring constantly. Season and mix in the herbs.

Serves 4

## KARENGO & LEEK SOUFFLE



### Ingredients:

3/4 cup Karengo  
1/3 cup butter  
1/3 cup flour  
1/3 cup cream  
1/3 cup broth  
1/2 chopped leek  
4 egg whites & 3 egg yolks  
Kelp Salt & freshly ground black pepper

### Garnish:

Chopped coriander leaves

1/2 cup feta cheese, crumbed

### Method:

Pre-heat oven to 180°C. Sauté Karengo and leek in butter over low heat, add flour slowly and stir until smooth. Cook for 1 minute. Add cream and broth and cook over medium heat until mixture thickens. Set aside to cool slightly. Whisk egg yolks one at a time into the sauce. Beat the egg whites until stiff but not dry. Quickly and gently fold them into the yolk mixture being careful not to deflate the volume. Transfer the mixture to buttered soufflé dish and bake in the bottom third of the oven for 20 minutes for individual servings or 45 minutes for a single large dish. Sprinkle with garnish and serve.

Serves 4

## FISH FRIED WITH KARENGO

### Ingredients:

4 350g gurnard fillets (or similar)  
4 teaspoons olive oil  
75g unsalted butter  
freshly ground black pepper  
25g Karengo Fronds  
Kelp Salt to taste  
lemon or lime



### Method:

Season the fish on both sides with salt and pepper. Heat 1 tsp oil in a large frying pan, add the Karengo and stir with a wooden spoon over low heat until crisp (4 - 5 minutes). Set Karengo aside and add the rest of the oil to the pan and raise the heat. Put the fillets into the pan skin side down and fry over medium heat for 2 minutes until the skin is golden brown. Turn them over and fry for another 1 - 2 minutes or until just cooked through. Sprinkle with the crisp Karengo and serve with chopped parsley and fresh lemon or lime.

## VEGETARIAN PUTTANESCA SAUCE

This adaptation of "PUTTANESCA" from the traditional Neopolitan recipe is an affordable, spicy dish indented for quick preparation. The anchovies are replaced by Karengo Fronds - when Karengo is exposed to moisture in cooking its flavour becomes very similar to mild anchovies.

### Ingredients:

2 tbsp olive oil  
1 tbsp chopped garlic  
10g dried Karengo Fronds  
1 large onion, chopped  
1 red capsicum  
1 fresh hot chilli, diced  
2 large tins of Italian plum tomatoes  
2 tsp freshly ground black pepper  
2 tsp finely chopped fresh oregano  
2 tsp finely chopped fresh parsley  
1 small bottle of capers, drained and rinsed  
12 black olives, pitted & quartered  
12 green olives  
Tabasco or hot pepper sauce to taste  
200g fresh fettuccini  
20g Sea Spaghetti

### Method:

Heat olive oil and gently sauté the garlic and Karengo for 1 minute until the oil is infused. Add the onion and capsicum and cook for a few more minutes while stirring. Add the tomatoes and their juice, smashing them coarsely. Sprinkle



with the chilli, black pepper, oregano, parsley and capers; cook uncovered for 15 minutes. Add the chopped olives and cook 5 minutes longer for the flavours to integrate. Taste and add hot pepper if desired.

Boil the Sea Spaghetti for 10 minutes until al dente. (The longer it is boiled, the more flavour is lost).

Separately, cook pasta to "al dente" in boiling salted water according to manufacturer's instructions (usually 4-5 minutes for fresh pasta and 8-12 minutes for dried pasta).

Toss over a mixture of sea spaghetti & fettuccini and serve.