

KARENGO & WILD RICE SALAD

Ingredients:

Salad:

½ cup Karengo Fronds
100g extra firm tofu
1 spring onion, chopped
½ cup pecans, toasted
1 bunch coriander
leaves, chopped
3 cups cooked wild rice

Dressing:

2 tbsp olive oil
2 tbsp sesame oil
1.3 cup shoyu
1/4 cup rice vinegar
1 tsp lemon juice
zest of 1 lemon
2 tbsp honey
1 tsp fresh ginger, grated
Kelp Salt & cayenne pepper to taste



Method:

In a saucepan on low heat, toast the Karengo until crunchy, and set aside. Drain the tofu, pat dry and cube. Cook in a pan over medium high heat until the tofu is firm, golden and bouncy. Set aside.

Make the dressing by combining all the ingredients, and set aside. To assemble, first mix together the spring onion, pecans, coriander leaves, crumbled seaweed and wild rice with a generous amount of dressing. Add the cooked tofu. Toss gently and add more dressing if required

Serves 5 - 6

SPICY SALSA (Serve on grilled fish)

Ingredients:

tasty tomatoes, 1/2 telegraph cucumber & 1 red onion, all finely chopped
2 tbsp small capers, crushed
2 tbsp Karengo Fronds
3 tbsp balsamic vinegar
250ml extra virgin olive oil
1 tsp dried chilli flakes
juice of 1 lime
1 cup of flat leaf parsley leaves freshly ground black pepper



Method:

Mix all the ingredients together in a bowl. Season to taste. Serve at room temperature on grilled fish

Serves 6

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.

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, contain no cholesterol, and have exceptional fibres with unique detox and prebiotic properties.

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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 !

WILD KARENGO



Karengo is the name for a number of species of nori species which grow in NZ.

There are a few species of the seaweed we call Karengo throughout the world with many different local names (e.g. Karengo, nori, laver, etc).

What we term Wild Karengo is a variety that grows in the colder regions of the South Pacific including New Zealand.

Because of the harvesting ban for Karengo currently

imposed in NZ following the Kaikoura earthquake in 2016, we have sourced a similar plant Karengo from another continent, this one from South America.

It is slightly different to New Zealand's premium ribbon-shaped Karengo – it is not as delicate in taste or texture, is dryer/lighter, but has almost identical nutritional properties and is well suited to most uses.

Wild 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.

ROASTED LAMB SEASONED with KARENGO



Ingredients:

1.5kg leg of lamb
 3 tbsp finely grated lemon zest
 2 tbsp whole black peppercorns
 3 tbsp fennel seeds, lightly roasted
 3 tbsp rosemary leaves
 3 tbsp thyme leaves
 4 garlic cloves
 2 tbsp Karengo Seasoning Granules
 3 tbsp olive oil
 Kelp Salt to taste

Method:

Crush all the ingredients except the lamb using a mortar & pestle or food processor. Make incisions in the meat and push the mixture inside; also rub all over the lamb; leave for 24 hours. To cook, brown the lamb in a hot pan then transfer to an oven dish and roast at 220°C for 45 minutes. Baste with the mixture at 10 minute intervals and turn twice during cooking. When the meat is ready cover with foil and let it rest for 15 minutes before serving.

Serves 6 to 8

KARENGO SNACK

Ingredients:

2 cups Karengo Fronds
 1/3 cup pumpkin seeds, slivered almonds, or other nuts & seeds
 1 tsp olive or macadamia oil



Method:

Warm oil on medium heat and toss nuts and/or seeds until starting to brown. Lower the heat and add Karengo fronds. Toss with a wooden spoon until crunchy and shiny, about 5 minutes. Allow mixture to cool in the pan. If not eaten straight away, store in plastic container away from direct light.

VEGETARIAN PISSALADIERRE (French Pizza)

Ingredients:

1 ready made pizza base
 60 ml olive oil
 4 onions, thinly slice
 2 cloves garlic, finely chopped
 2 tsp thyme sprigs, plus extra to serve
 1/2 medium heat red chilli, seeded, finely chopped
 350g grape tomatoes, halves, juices pressed out
 160g black olives, such as Niçoise or Riviera, pitted
 25g Pacific Harvest Karengo Fronds



Method:

Heat olive oil in a frying pan over medium heat. Add onions and salt to taste; stir until the onions begin to cook. Add garlic, thyme and chilli; cook partially covered over low heat, stirring occasionally, for 20 minutes or until very soft. Cool. Preheat the oven with a heavy-based oven tray to 200°C. Line the oven tray with a piece of baking paper and spread the onion mixture on the pizza base. Scatter with tomatoes, black olives and the Karengo. Bake for 30 minutes.

To serve, scatter the hot pissaladière with extra thyme.

Serves 6 to 8

KARENGO DRESSING

Ingredients:

2 tbsp each of Karengo Flakes & Granules
 3 shallots, minced
 zest of 1 lemon
 1/3 cup macadamia oil
 1/2 cup light olive oil
 2 tbsp cider vinegar
 2 tbsp finely chopped macadamia nuts
 2 tbsp small capers, crushed
 freshly ground black pepper



Method:

Combine Karengo and oil in a skillet. Gently warm over low heat, stirring for 5 minutes to infuse the flavours. Remove from heat and stir in capers, shallots, zest, vinegar and nuts. Gradually incorporate the macadamia oil. Serve on salads, crudités or grilled vegetables at room temperature.

CREAM OF FENNEL SOUP with KARENGO GARNISH

Ingredients:

1 tbsp fennel seeds, lightly roasted
 1 white onion, diced
 2 garlic cloves, chopped fine
 50g butter (or spread)
 2 sticks celery, chopped fine
 1 leek, trimmed & chopped fine
 2 fennel bulbs, chopped fine
 1/2 tsp Garlic Kelp
 1200ml light chicken or vegetable stock
 150ml double cream

Garnish:

1 tbsp olive oil
 1/3 cup breadcrumbs
 3 tbsp Karengo Fronds
 2 tbsp chopped parsley
 1 tsp lemon zest



Method:

Garnish:

Heat the oil in a small pan and toss in the remaining ingredients to combine well. Stir around until crunchy. Set aside.

Soup:

Gently toast the fennel seeds in a dry pan for a few minutes until fragrant; then crush them. In a heavy saucepan, sweat the onions & garlic for 5 minutes in the butter with the crushed seeds and then add the celery, leek and fennel. Cover and cook for 10 to 15 minutes on low heat. Add the stock, bring to the boil and cook a further 10 minutes. Pour into a blender and puree until smooth. Stir in the cream and season.

Serve in individual bowls and sprinkle with the garnish.

Serves 4 to 6