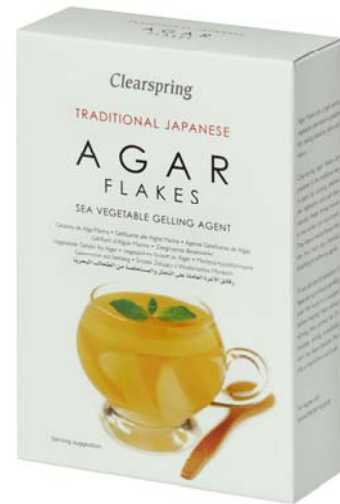


# Clearspring

## Clearspring Agar Flakes

For the perfect jelly, neutral tasting and calorie-free, agar-agar sea vegetable flakes are a high quality vegetarian alternative to gelatine. They also offer a smoother and firmer set than cornflour or arrowroot for making desserts, jellies and aspics, and they set quickly, without refrigeration, too.

You can even make an agar-agar jelly with acidic fruits like pineapple, kiwi or papaya, which usually break down the proteins in gelatine and stop the jelly from setting. Agar-agar is used all over Asia and is the base for some delicious Asian desserts such as Almond Bean Curd, Coconut Jelly and Awayuki (made with beaten egg whites and fruit juice).



Whilst some agar flakes and powders are processed with chemical bleaching or softening agents, Clearspring Agar Flakes, produced in Japan, are made in the traditional way without chemicals, by cooking then freeze-drying outside during the Japanese winter sun and snow.

To use, add one full tablespoon of flakes per cup of liquid, sprinkling over the liquid in a saucepan before heating. Heat without stirring, then simmer for 3-5 minutes, stirring occasionally, until the flakes are dissolved. Pour into a mould and cool to set.

**RSP: £5.49 for 28g**

Available in independent health food stores and selected multiple retailers.

Please see <http://www.clearspring.co.uk/stockists> for our total distributor network.

Updated January 2011

Prices accurate as of January 2011

### Ends ###

If you would like images, samples or more information, please do not hesitate to get in touch with Margreet Westerhuis on [margreet@clearspring.co.uk](mailto:margreet@clearspring.co.uk) or call mobile +44 (0)791 782 3252. You can also find more information on our website; <http://www.clearspring.co.uk>

# Clearspring

## Strawberry and Apple Delight



### Ingredients (Serves 3)

2 tbsp Clearspring Agar Flakes

3-4 apples, peeled, cored and cut into medium chunks

1 punnet strawberries (approx. 225g), washed and halved

1½ cups fruit juice

Pinch of Clearspring Traditional Sea Sald

1tbsp orange rind, grated

Clearspring Malt Syrup, to taste

### To garnish

Desiccated coconut flakes or nuts, chopped and roasted

### Method

1. Place the fruit juice, agar-agar flakes and apples, with a pinch of sea salt into a cooking pot. Bring to a boil and gently simmer for 10-15 minutes.
2. Add malt syrup to taste, the strawberries and the grated orange rind. Mix well but gently.
3. Place the dessert in a glass serving bowl, leave to cool until set, then garnish and serve.

Chef: Montse Bradford

If you would like images, samples or more information, please do not hesitate to get in touch with Margreet Westerhuis on [margreet@clearspring.co.uk](mailto:margreet@clearspring.co.uk) or call mobile +44 (0)791 782 3252. You can also find more information on our website; <http://www.clearspring.co.uk>