

# Clearspring

## Shake up Your Salads this Summer with the Delicious Clearspring Sea Vegetable Range



Liven up your barbeque or picnic salads this summer by adding some flavour-packed sea vegetables. Several are ready to sprinkle on your favourite salad and others need simple preparation, to add an intriguing flavour, colour and texture. Clearspring's range of flavourful, low-calorie, mineral-rich sea vegetables are a great way to make a delightful difference to soups, salads and vegetable dishes.

Sea vegetables offer nutrients and minerals in a concentrated form. It's best to enjoy them regularly, in small quantities, just as people with a tradition of eating sea vegetables do.

### Dulse

Dulse is the best known sea vegetable from the North Atlantic and its versatility and ease of use make it a popular choice for a wide variety of dishes. Purple-red in colour and slightly spicy in taste, Clearspring Dulse can simply be washed, soaked, cut and added to soups and salads, or dry roasted and crumbled as a garnish.



Clearspring Dulse is *Palmaria palmata*, sustainably wild harvested from the North Atlantic.

**RSP: £3.95 for 50g**

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>

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## Flavoured Toasted Nori Strips

Clearspring Flavoured Toasted Nori Strips are prepared in Japan from high grade nori sea vegetable that has been dried, toasted and coated with top quality traditional Japanese seasonings to give each strip a deliciously rich taste combining savoury, sweet, salty and spicy tones. Clearspring Flavoured Toasted Nori Strips are great used on top of salads, to add flavour and a nice crunch.



**RSP: £3.49 for 13.5g**

## Green Nori Sprinkle

Herb-like flakes of Clearspring Green Nori Sprinkle make a great, attractive topping for soups and salads as well as pizza, pasta, rice and noodles. They're also delicious incorporated into breads, muffins and crêpes, sauces, dressings and dips. Green Nori Sprinkle is a different variety of sea vegetable to sheet nori, containing significantly higher levels of minerals, which makes it a nourishing as well as tasty condiment to keep handy for serving with all kinds of food.



Clearspring Green Nori Sprinkle is *Enteromorpha spp.*, wild harvested and dried in Japan.

**RSP: £2.09 for 20g resealable pack.**

## Sea Salad

Sea Salad is at its best sprinkled straight from the packet onto salads, vegetables and soups. The Sea Salad pack includes the dried sea vegetables: dulse (*Palmaria palmata*), sea lettuce (*Uva lactuca*) and nori (*Porphyra tenera*).



Clearspring Sea Salad is sustainably wild harvested and dried in Brittany, France.

**RSP: £3.99 for 50g box**

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## Japanese Sea Vegetable Salad

Clearspring Japanese Sea Vegetable Salad is a blend of delicate red, green and white sea plants that make an attractive and tasty salad in minutes. Simply soak, season and serve alone or with garden salad vegetables. Each 25g pack contains 5 servings; the salad increases in volume considerably when soaked.



Clearspring Japanese Sea Vegetable Salad is unbleached and undyed, and when soaked and served with a vinaigrette dressing it makes an ideal side salad. The Sea Vegetable Salad pack contains the dried sea vegetables: wakame (*Undaria pinnatifida*), agar (*Gelidium spp.*), aka tsunomata (*Chondrus ocellatus*).

**RSP: £5.49 for 25g resealable pack**

The full Clearspring Sea Vegetable range also includes:

- **Sushi Nori**
- **Arame**
- **Hijiki**
- **Kombu**
- **Wakame**
- **Instant Wakame Flakes.**

All 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 ###

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# Clearspring

## Dulse Salad with Orange Mustard Vinaigrette



### Ingredients (Serves 2)

2 handfuls of mixed, colourful leaves  
½ cucumber, cut into half rounds  
4 radishes, quartered  
½ cup Clearspring Dulse  
a few black olives  
½ cup cooked sweetcorn kernels

### Dressing

1tbsp Clearspring Sweet White Miso  
1tsp Clearspring Organic Extra Virgin Olive Oil or  
Safflower Oil  
1/2tsp mustard  
1tsp apple juice concentrate or Clearspring Organic  
Brown Rice Vinegar  
1tbsp orange zest

### Method

1. Mix all the salad ingredients together in a large serving bowl.
2. Soak the dulse for 2 minutes, then drain, squeeze out any excess water and cut with scissors into pieces. Add to the salad.
3. Blend the dressing ingredients, adding water as required to achieve the desired consistency, then drizzle over the salad and serve.

Chef: John & Jan Belleme

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