

# Sea Vegetable Recipes

## AGAR



Agar powder is a nutrient rich plant-based alternative to gelatin, a thickener for soups and dressings, to make fruit preserves, vegan ice cream, jellies, cheesecakes other desserts.

### Agar Orange Tart



#### Ingredients

##### Pie Crust

- ~ 2 cups butternut snap biscuit crumbs
- ~ 70g butter, melted
- ~ 50g toasted slivered almonds

##### Garnish

- ~ 3 oranges, sliced thin
- ~ Icing sugar for dusting

#### Filling

- ~ 650ml cream (or non-dairy equivalent- soy/coconut)
- ~ Zest of 2 oranges
- ~ 100g caster sugar (or sugar substitute)
- ~ 2 tsp Agar powder
- ~ 3 tbsp orange liqueur (or orange water)
- ~ 250ml cream for whipping

#### Directions

##### For the crust:

Combine the biscuit crumbs, butter and nuts. Press the mixture into a tart dish and chill until firm.

##### For the filling:

Pour 650ml cream into a pan and sprinkle with the Agar. Using a whisk, mix to combine and let stand for 10 minutes for the Agar to swell. Make an orange cream by adding orange zest, orange liqueur and sugar to the Agar mixture. Stir to mix and place the pan on medium heat. Bring to the boil then simmer for 2-3 minutes while stirring, until the Agar and sugar are dissolved. Remove from the heat.

In a separate bowl, whip the 250ml of cream until firm. To combine, add 1/3 of the orange cream to the whipped cream and mix well with a whisk. Continue adding the remaining orange cream until combined thoroughly. Ladle the mixture into a bowl and refrigerate to set (about 30 minutes). Spoon the cold custard into the crust.

##### For the garnish:

Arrange the orange slices on the tart. Dust with icing sugar, caramelize under the grill, and refrigerate for 1 hour until set well. Serve at room temperature for maximum flavour.  
**Serves 6.**

### Fat Free Dressing with Tarragon & Agar



#### Ingredients

- ~ 500ml apple juice
- ~ 50g whole grain mustard
- ~ 200ml cider vinegar
- ~ Tarragon sprig, chopped
- ~ 1/2 tsp Agar powder
- ~ Roasted garlic clove, crushed
- ~ Salt & pepper to taste

#### Direction

In a pot, sprinkle the Agar on half of the apple juice and let stand for 10 minutes. Meanwhile, in a different dish, combine the other ingredients with the rest of the apple juice. Bring the Agar mixture to a simmer (90°) on a medium heat while mixing with a whisk. You will feel the texture change as the Agar melts and the jelling properties are activated. Remove from the heat and combine with the rest of the ingredients. The dressing will set at room temperature and continue to stiffen over the next hour. Conserve in the fridge in jars. **Serves 4.**

### Vegan Jelly with Agar



#### Ingredients

- ~ 1 cup of juice (or 1 tbsp Viberi blackcurrant powder in 1 cup of water)
- ~ 1 tsp Agar powder
- ~ 1 tbsp maple syrup or 1 tsp honey - or to taste

#### Directions

Pour the liquids into a cooking pot and sprinkle the Agar powder and sweetener of your choice. Using a whisk, mix to combine and let stand for 10 minutes for the Agar to swell. Place the pot on a medium heat. Warm to dissolve the Agar & sweetener, while stirring. When the mixture reaches a boil, simmer for 2 minutes while stirring to make sure all is dissolved. Remove from the heat and ladle immediately into a flat dish. The mixture will set at room temperature. Refrigerate for a faster, stronger set. Before serving, cut the jelly into bite-size shapes. **Serves 6.**

## Agar Coconut Jelly with Berries



### Ingredients

- ~ 500ml (2 cups) coconut water
- ~ 1 flat tsp Agar powder
- ~ 200g mixed berries, plus extra for serving
- ~ Flesh of 1 young coconut, (120g) chopped
- ~ 1 tbsp chia seeds

### Directions

Line six 125ml ramekins or jelly cups with biodegradable film wrap. Place 1/2 cup of the coconut water in a small saucepan and sprinkle the Agar powder over the surface. Allow the Agar powder to absorb moisture from the coconut water for 5 minutes. Place the pan over medium heat and bring to a simmer whilst stirring continuously until the Agar has completely dissolved. Remove from the heat and set aside.

In a bowl, whisk the remaining coconut water. Stir in the Agar mixture, then pour the jelly mixture into the moulds to three-quarters full. Add some berries and the coconut flesh and sprinkle on some chia seeds. Stand the jellies at room temperature until set or chill to accelerate setting.

Remove the jellies from the moulds by turning out onto serving plates and pulling on the film wrap edges. Serve with a scattering of fresh berries. *Serves 4.*

## Vegan Creme Brulee with Agar



### Ingredients

#### Vanilla custard

- ~ 1 cup full fat coconut (thickened cream, leave the liquid behind)
- ~ 1/3 cup organic soy or almond milk
- ~ 1 tbsp cornstarch
- ~ 1 tbsp superfine raw sugar
- ~ 1 tsp pure vanilla extract
- ~ 1/4 tsp turmeric
- ~ 1/2 tsp Agar powder

### Caramelized top

- ~ 1 tbsp superfine raw sugar

### Directions

To make the vanilla custard, in a medium bowl combine cornstarch, soy milk, vanilla and mix well. Pour cornstarch, milk mixture, coconut cream & sugar into a saucepan and cook on a medium-high heat. When the mixture starts to boil, add turmeric & Agar, constantly stirring until Agar has completely dissolved. Strain mixture through a mesh sieve over a small bowl. Pour mixture into the ramekins, let cool down, then set in the fridge for at least 2 hours. When the vanilla custard is fully set, top each custard with about 1-2 teaspoon of sugar in a thin layer. Using a kitchen torch, melt the sugar and form a crispy top. Allow the creme brulee to rest in the fridge for at least 5 minutes before serving.

*Serves 4.*

## Plant Based, Gluten Free Chocolate Panna Cotta Tart



### Ingredients

#### Crust

- ~ 1 cup gluten-free oat flour
- ~ 1/3 cup quinoa flakes
- ~ 1/2 cup almond meal
- ~ 1 tbsp cacao nibs
- ~ 2 tbsp cacao powder
- ~ 4 tbsp coconut oil

### Filling

- ~ 1 & 1/2 cup full fat coconut cream
- ~ 1 cup oat milk

- ~ 2 tbsp pure maple syrup
- ~ 150g dark chocolate, melted
- ~ 2 tsp Agar powder

### Directions

Preheat oven to 180° celsius. Grease a 20cm tart pan & set aside. In a food processor, combine quinoa flakes, oat flour, almond meal, cacao nibs & cacao powder. Then add the coconut oil & maple syrup and pulse until combined. You should get a moist mixture that can be easily moulded.

Firmly press mixture into the bottom and up the sides of a tart tin. Bake for 15 minutes until the crust is golden brown. Transfer to a wire rack and let it cool.

To make the filling, combine the cream, milk & sweetener in a saucepan. Bring to the boil and then add melted chocolate. Whisk in the Agar powder. Let it simmer for 3 minutes until the Agar is dissolved. Fill the mixture into the cooled tart. Let sit in the fridge to set for about 4 hours. Garnish the tart as desired and enjoy! *Serves 6.*

## Light Agar Panna Cotta



### Ingredients

- ~ 1 cup coconut cream
- ~ 1 cup almond milk (or any substitute milk)
- ~ 100g vanilla sugar (or less, to taste- or sugar substitute like stevia)
- ~ 1 tsp Agar powder
- ~ 3 tbsp coconut liqueur (optional)
- ~ Fresh or stewed fruits to garnish

### Directions

Pour the liquids into a cooking pan and sprinkle with Agar powder. Using a whisk, mix to combine and let stand for 10 minutes for the Agar to swell. Add sugar to the Agar mixture. Stir to mix the ingredients and place the pan on a medium heat. Allow to warm while stirring to dissolve the sugar & Agar. When the mixture starts to boil, allow to simmer for 2-3 minutes, then remove from heat. Add liqueur if using. Ladle the mixture into serving bowls and stand until set. To serve, decorate with fruit. *Serves 4.*