

Summer Entertaining Seaweed Recipes

Incorporate sea vegetables into your favourite summer entertaining dishes for a pop of colour, texture and wonderful umami flavour.

Gorgonzola Cheese Recipe with Fig Panna Cotta



Ingredients

- ~ 1 1/2 tsp Agar Powder
- ~ 250ml pouring cream
- ~ 150ml thickened cream
- ~ 150g creamy gorgonzola cheese, chopped
- ~ 1 tsp of Power of Three flakes

Fig Salad

- ~ 4 figs, quartered (or other fruits)
- ~ 2 cups of rocket leaves
- ~ 1/4 cup walnuts, toasted
- ~ 2 tbsp olive oil
- ~ 1 tbsp balsamic vinegar

Method

Line 4 ramekins with biodegradable cling film. Place the creams in a saucepan, sprinkle with Agar and combine with a whisk. Let stand for 5 minutes to allow Agar to swell. Warm on medium heat until it starts to boil, then simmer mixture for 2-3 minutes while stirring, until the consistency changes slightly, indicating that the Agar is dissolved. Remove from heat and whisk in the cheese. Stir until well combined. Pour into prepared moulds, cover and chill for 20 minutes. To prepare the salad, mix the oil & vinegar together, season and toss over the remaining ingredients. Serve the cheese with a sprinkle of Power of Three flakes. **Serves 4.**

Grilled Peach & Feta Salad



Ingredients

- ~ 4 cups of baby rocket leaves
- ~ 2 peaches, sliced
- ~ 150g crumbly feta
- ~ Drizzle of extra virgin olive oil
- ~ Juice of 1/2 fresh lemon
- ~ 2 tsp Sea Lettuce flakes
- ~ Salt & pepper to taste

Method

To grill the peaches, pre heat BBQ or grill fry pan. Place the peach slices on the hot surface and cook until grill marks appear. Remove from heat and set aside to lightly cool. Scatter the baby rocket leaves on a dish and top with grilled peach slices. Crumble feta on top, scatter Sea Lettuce flakes, and drizzle with olive oil and fresh lemon juice. Season with salt & pepper to taste. **Serves 6.**

Fresh Soba Noodle Salad



Ingredients

- ~ 400g soba noodles
- ~ 1/2 tele cucumber, diced
- ~ 1/2 cup shelled edamame
- ~ 2 radishes, thinly sliced
- ~ 2 green onions, thinly sliced
- ~ Handful of fresh lime
- ~ Microgreens or fresh salad
- ~ 1 tbsp sesame seeds
- ~ 1 tbsp Power of Three flakes
- ~ Fresh lime wedges to serve

Dressing

- ~ 2 tbsp extra virgin olive oil
- ~ 4 tbsp tamari or soy sauce
- ~ 4 tsp rice wine vinegar
- ~ 4 tsp sesame oil
- ~ 2 tbsp sweet chilli sauce
- ~ Thumb sized piece of fresh ginger, grated

Method

Cook noodles per the packets instructions. Meanwhile, mix all of the salad ingredients in a bowl. In a small bowl or jar, mix all of the dressing ingredients together. Taste and adjust if needed. Once noodles are cooked, drain and gently add to the vegetables. Pour the dressing over the salad and gently toss. **Serves 4.**

Fresh Ceviche



Ingredients

- ~ 300g snapper fillets, sliced into 1cm strips
- ~ 1/2 cup fresh lemon juice
- ~ 1/2 cup coconut cream
- ~ 1/2 red onion, finely diced
- ~ 1 green chilli, finely diced
- ~ 1 cup baby tomatoes, halved
- ~ 1/2 tele cucumber, finely diced
- ~ 2 tsp Chilli Kelp seasoning (alternatively try Citrus)
- ~ 1/2 tsp salt
- ~ Microgreens to serve

Method

Place snapper strips in a bowl. Sprinkle over salt then pour over lemon juice. Mix well, cover and refrigerate for two hours, mixing occasionally to ensure all of the fish is exposed to the citrus. Next, pour off excess lemon juice and set aside. Add the rest of the ingredients, excluding the microgreens. Taste and adjust with more salt, or add back some lemon juice if needed. Sprinkle with microgreens and serve! **Serves 4.**