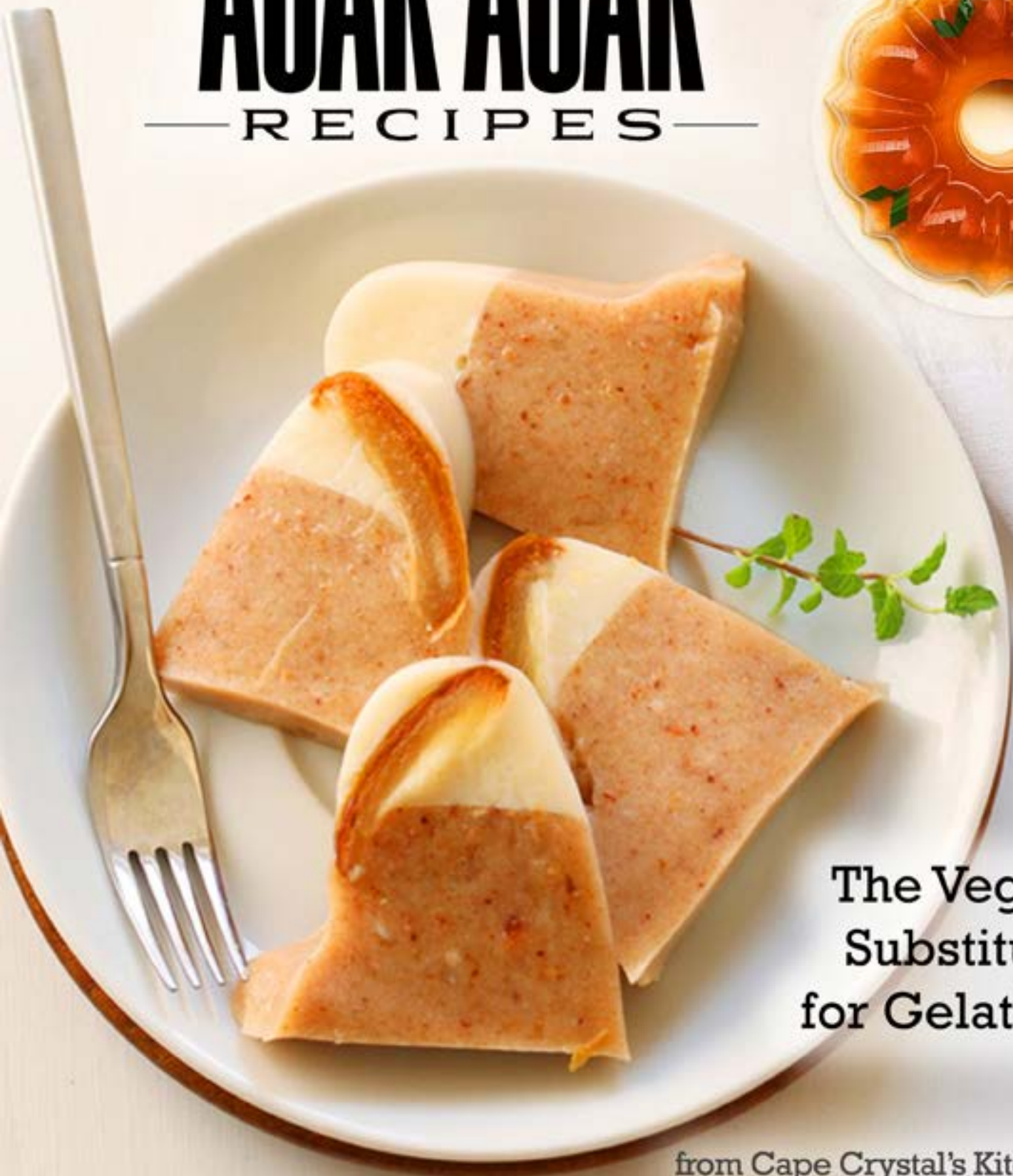


50 AMAZING
AGAR AGAR
— RECIPES —



The Vegan
Substitute
for Gelatins

from Cape Crystal's Kitchen



50 AMAZING
AGAR AGAR
— RECIPES —

from the kitchens of



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PREFACE

Welcome to Cape Crystal Brands

Cape Crystal Brands founded in 2017, offers quality ingredients and tools such as hydrocolloids, vegan gelatin, and specialty thickening agents for creating the best vegan desserts and molecular gastronomy recipes as well as a variety of fruit powders. We offer these to our food lovers, home cooks and professional chefs, with a wide range of natural, organic, premium quality, hard-to-find ingredients at economical prices.

Through the importing of specialty ingredients worldwide, no matter what the user's kitchen skills or experience, Cape Crystal Brands provides the right product for that special recipe. It makes locating hard-to-find ingredients, such as those used in modern gastronomy, easy to obtain when they can't be found elsewhere. This eliminates wasted time searching for ingredients, and more time for creating superior recipes and delicious dishes.

About Cape Crystal's Agar Agar

One of our most popular ingredients is agar agar. This product is made with one hundred percent naturally growing seaweed. It is vegan, non-GMO, allergen-free, gluten-free, and Kosher certified. It has an outstanding gel strength compared to most other brands offered, at 900 gm/cm².

Agar or most often called agar agar is a gel-like substance, which comes from red algae. It is available in bar, flake, and powder form. Cape Crystal offer the powdered form as it is easier to use and the least expensive of the three forms available.

You can mix it with water and simmer it to act as a thickener for various sauces, soups, deserts, and many more. Furthermore, agar agar is also a great substitute for gelatin as it is flavorless, plant-based, and is suitable for most of the diet plans. Moreover, it possesses higher melting point than that of gelatin.

Agar agar is also rich in various nutritional benefits. It is low in calories, yet high in iron, folate, magnesium, manganese, and fiber. It may also be beneficial in improving the digestive health, aid in weight loss, and keep the blood sugar levels in check.

Use this amazing ingredient for making vegan cheese and numerous deserts. Use it to thicken foods without animal ingredients, sugar or starch. This recipe book of 50 amazing agar agar recipes just scratches the surface of all the wonderful and tasty recipes agar agar can give you.

We at Cape Crystal Brands hope you enjoy it. Perhaps you might like to offer us recipes of your own that we could add to a future cookbook. We would also appreciate photographs of the dishes you make using these terrific recipes.

Thank you and happy cooking! We are waiting to hear from you.

AMAZING AGAR AGAR

The Vegan Gelatin Substitute



Agar may have been discovered in Japan in 1658 by Mino Tarōzaemon (an innkeeper in current Fushimi-ku, Kyoto who, according to legend, was said to have discarded surplus seaweed soup (Tokoroten) and noticed that it gelled later after a winter night's freezing. Over the following centuries, agar agar became a common gelling agent in many Southeast Asian cuisines.

Agar agar was first subjected to chemical analysis in 1859 by the French chemist Anselme Payen, who had obtained it from the marine algae *Gelidium corneum*.

AGAR AGAR

Produced from seaweed making it 100% vegan.

Sets and does not melt at room or warm temperatures.

vs.



GELATIN

Gelatin is produced from boiling skin, tendons, ligaments, and/or bones of animals with water.

Setting requires refrigeration. Warm temperatures will melt it.

AGAR AGAR IS AVAILABLE IN THREE FORMS



POWDER
Dissolves quickly



FLAKES
Less easier than powder



BLOCKS or STRANDS
More difficult to dissolve



- Vegan
- Non-GMO
- Flavorless
- Kosher & Halal
- Gluten-Free



COOKING WITH AGAR AGAR

INTRODUCTION TO AGAR AGAR PROPERTIES


Activating agar agar is very easy. Because it begins melting and dissolving at a temperature of 185° F (85° C) or higher, it must be boiled. Once it has reached a boil, dip in a spoon and examine the liquid to be certain it does not contain agar agar particles. If the liquid in the spoon is clear, you can be confident that the agar agar has completely dissolved.

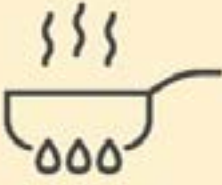
Agar agar must be added when liquids are cold or it will clump. That is because it begins setting at a temperature of 95 to 113° F (35—45° C)


Food acidity affects agar agar's ability to thicken. For setting purees and fruit juices, which are acid liquids, first dissolve the agar agar powder in water and then add it to the juices. This also true for alcohol, coffee, tea, and cocoa or chocolate. Add these ingredients only after the agar agar is fully dissolved.




THE 4 STEPS OF COOKING WITH AGAR AGAR

- 

To eliminate lumps, dissolve agar agar in a liquid first, then bring to a boil. Stir frequently.
- 

When a rolling boil is achieved, lower the heat and simmer for 3-minutes.
- 

Now add your flavors and sweeteners the recipe calls for. Stir them in until well blend-
- 

Remove from the heat,. Pour into your mold. Place the mold in the refrigerator to set.



Japanese Summer Jelly

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1

Eggless Chocolate Mousse



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 310kcal,
Carbohydrates: 22g,
Protein: 5.5g,
Fat: 23g

Ingredients

- 10 tsp Cape Crystal agar-agar
- 2 cups milk
- 1 cup fresh cream
- 3 tbsp sugar
- 3 tsp cocoa powder
- 2 tbsp powdered sugar
- ½ cup dark chocolate
- 2 tsp custard powder
- 1 tsp vanilla essence

Directions

1. Soak Cape Crystal agar-agar in 3/4 cup of cold water for 1 hour. Put to cook on a slow flame until it dissolves. Put 2 cups of milk to boil with the sugar, cocoa powder and dark chocolate.
2. Boil the remaining 1/2 cup milk with the custard powder. When the milk begins to boil, pour it into the cocoa mixture and continue to whisk and simmer for 1 minute.
3. When the Cape Crystal agar-agar is dissolved completely, add to the boiling custard and cook again for 2 minutes. Strain the mixture and go on stirring it until it is slightly cold.
4. Beat the cream with the powdered sugar, add the vanilla essence and mix well. Add to the cocoa mixture and put it to set.
5. Once it sets, chill thoroughly, decorate with cream and chocolate curls and serve cold.

Nutrition Info

Calories: 231kcal,
Carbohydrates: 36g,
Protein: 4g,
Fat: 5.6g

2

Caramel Custard

Ingredients

- 1 tsp. Cape Crystal agar-agar
- ½ cup sugar
- 2 tbsp corn flour
- 5 tbsp sugar
- 2 ½ cups cold milk
- 1 tsp vanilla essence

Directions

1. Soak Cape Crystal agar-agar in ¾ cup of cold water for 1 hour. Put to cook on a slow flame until it dissolves. Put 2 cups of milk to boil with the sugar, cocoa powder and dark chocolate.
2. Boil the remaining ½ cup milk with the custard powder. When the milk begins to boil, pour it into the cocoa mixture and continue to whisk and simmer for 1 minute.
3. When the Cape Crystal agar-agar is dissolved completely, add to the boiling custard and cook again for 2 minutes. Strain the mixture and go on stirring it until it is slightly cold.
4. Beat the cream with the powdered sugar, add the vanilla essence and mix well. Add to the cocoa mixture and put it to set.
5. Once it sets, chill thoroughly, decorate with cream and chocolate curls and serve cold.



Preparation time



Cooking time



Serving

3

Chocolate Pudding



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 45kcal,
Carbohydrates: 7.3g,
Protein: 3.9g,
Fat: 1g

Ingredients

- 2 tbsp. Cape Crystal agar-agar
- 4 cups low fat milk
- 2 tbsp sugar substitute
- 1 tbsp low fat cream
- 3 tbsp unsweetened cocoa powder

Directions

1. Combine the cocoa powder with 2 tbsp of low-fat milk in a bowl, mix well and keep aside. Combine the Cape Crystal agar-agar with 1½ cups of water in a broad non-stick pan, mix well and cook on a slow flame for 6 to 7 minutes or until the Cape Crystal agar-agar dissolves completely, while stirring occasionally.
2. Set aside the mixture after straining it through a cotton towel. Boil the remaining milk in the same pan, then whisk in the Cape Crystal agar-agar mixture, sugar substitute, and cocoa-milk mixture. Cook over a low heat for 5 to 7 minutes, stirring constantly.
3. Remove from the flame, add the cream and mix well. Pour the mixture into 8 glasses and allow it to cool slightly. Refrigerate for 2 to 3 hours or until the pudding sets completely.
4. Serve the eggless chocolate pudding chilled.

Nutrition Info

Calories: 132kcal,
Carbohydrates: 15g,
Protein: 2.8g,
Fat: 5.7g

4

Almond Jelly with Mix Fruit Cocktail

Ingredients

- 1 ½ tbsp Cape Crystal agar-agar
- 1 cup milk
- 2 tbsp sugar
- 1 tbsp cream
- 1/4 tsp vanilla extract
- a few drops almond extract
- 1/4 cup sliced strawberries
- 1/4 cup canned pineapple cubes
- 1/4 cup canned lychees
- 1 tbsp blanched almonds slices
- 1/4 cup orange segments, cut into halves

Directions

1. In a bowl, combine the strawberries, pineapple, lychees, and orange segments and chill until ready to serve. In a saucepan, combine the Cape Crystal agar-agar with 1 cup of cold water and stir until thoroughly dissolved. Strain the mixture and set aside.
2. Combine the milk and sugar in a pan and bring to boil. Add the Cape Crystal agar-agar mixture and boil for another 3 to 4 minutes, while stirring continuously. Set aside to cool slightly.
3. Add the cream, vanilla extract, almond extract and almonds and mix well. Pour equal quantities into 4 individual molds and refrigerate for 30 minutes or until it sets. Just before serving, divide the fruit into 4 equal portions and set aside.
4. Un-mold the jelly onto 4 individual plates and top it with a portion of the fruit. Serve chilled.



Preparation time



Cooking time



Serving

5

Fruity Mousse



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 429kcal,
Carbohydrates: 39g,
Protein: 5g,
Fat: 17g

Ingredients

- 1 tbsp Cape Crystal agar-agar
- 1 cup milk
- 2 tbsp sugar
- 2 tbsp fruit syrup
- 3/4 cup beaten whipped cream
- 1/2 tsp lemon juice

For The Garnish

- Fruit chunks

Directions

1. In a saucepan, combine the Cape Crystal agar-agar, 1/2 cup water, and milk and bring to a boil, stirring constantly. Add the sugar and fruit syrup, combine well, and simmer for 1 to 2 minutes over medium heat, stirring constantly.
2. Remove from the flame and strain the mixture using a sieve. Transfer the mixture into a steel bowl and place the bowl in a deep vessel filled with ice-cubes for 8 to 10 minutes or until the mixture cools and thickens. Whisk the mixture vigorously and continuously until it is in ice-cube vessel to avoid any lump formation.
3. Add the beaten whipped cream and fold gently. Add the lemon juice and fold gently. Pour equal quantities of the mixture into 2 individual bowls / glasses and refrigerate for 2 to 3 hours or until the mousse sets.
4. Garnish with fruit chunks and serve chilled.

Nutrition Info

Calories: 382kcal,
Carbohydrates: 41g,
Protein: 4g,
Fat: 12g

6

Layered Jelly

Ingredients

For the fruit layer

- 1 tbsp Cape Crystal agar-agar
- sugar to sweeten
- 2 cups orange juice
- a few drops orange color

For coconut layer

- 2 tbsp corn flour
- 4 to 5 tbsp sugar
- 2 cups coconut milk

Directions

1. For the fruit layer: Dissolve the agar- agar in the orange juice until it softens. Add the sugar and simmer until all the agar- agar dissolves. Strain while it is still warm and add the food color. Pour into a 150mm. (6") square tray. Refrigerate for 15 to 20 minutes until it sets.
2. For the coconut layer: Make a paste of the corn flour and 2 tablespoons of the coconut milk. Heat the remaining coconut milk with the sugar.
3. When the water starts to boil, add the corn flour paste and stir constantly until it thickens. Remove from the heat, allow it cool slightly before straining. Allow this to set in the refrigerator for 4 to 5 hours after pouring it over the set orange layer.
4. To unmold, place the tray in lukewarm water for a few seconds and unmold on a flat plate. Using a flower shaped cookie cutter, cut out pieces from the set dessert. Lift each piece carefully and place on a serving plate.
5. Serve chilled surrounded by fruit.



Preparation time



Cooking time



Serving

7

Vanilla Cream



Preparation time



Cooking time



Serving



Ingredients

- 2 tbsp Cape Crystal agar-agar
- ½ tsp vanilla essence
- 2 ¼ cups low-fat milk
- ½ tbsp sugar substitute

Directions

1. In a non-stick saucepan, combine the Cape Crystal agar-agar and ¾ cup of water and simmer over a low heat for 6 minutes, stirring constantly. Using a strainer, drain the mixture and set it aside.
2. Boil the milk, add the strained Cape Crystal agar-agar mixture and sugar substitute, mix well and cook on a medium flame for 1 minute, while stirring continuously. Keep aside and allow it to cool completely, add the vanilla essence and mix well.
3. Pour the mixture into a deep/small bowl and refrigerate for 4 hours or until semi-set.
4. Serve & enjoy!

Nutrition Info

Calories: 74kcal,
 Carbohydrates: 11g,
 Protein: 7g,
 Fat: 1g

Nutrition Info

Calories: 178kcal,
Carbohydrates: 27g,
Protein: 1.2g,
Fat: 7g



8

Mango Ginger Mousse

Ingredients

- 1 tbsp Cape Crystal agar-agar
- ¼ cup milk
- 2 ½ tbsp sugar
- 1 tsp lemon juice
- 1 tsp fresh ginger juice
- 1 cup alphonso mango pulp
- 1 tsp finely crushed mint leaves
- ¾ cup beaten whipped cream

For The Garnish

- 3 mango cubes
- Beaten whipped cream
- 1 tsp finely chopped mint leaves

Directions

1. In a saucepan, soak the Cape Crystal agar-agar in 1/3 cup boiling water and set aside for 10 minutes. Mix in the mango pulp, milk, and sugar, then bring to a boil, stirring constantly. Remove the mixture from the heat and strain it through a strainer.
2. Transfer the mixture to a steel bowl and place the bowl in a deep vessel filled with ice-cubes for 8 to 10 minutes or until the mixture cools and thickens. Whisk the mixture vigorously and continuously until it is in ice-cubes vessel to avoid any lumps from forming.
3. Add the lemon juice, ginger juice, mint leaves and beaten whipped cream and fold gently.
4. Pour equal quantities of the mixture into 3 individual glasses and refrigerate for 1 to 2 hours or until the mousse sets.
5. Serve chilled garnished with a swirl of beaten whipped cream, a mango cube and some mint leaves in each glass.



Preparation time



Cooking time



Serving

9

Fig and Cardamom Delight



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 63kcal,
Carbohydrates: 12g,
Protein: 3g,
Fat: 0.2g

Ingredients

- 4 tbsp Cape Crystal agar-agar
- 8 dried figs
- 1 tbsp sugar
- ¼ tsp cardamom powder
- 2 ½ cups low-fat milk

For The Garnish

- a few saffron strands

Directions

1. Soak the dried figs for 1 hour in 1/2 cup water in a basin. In a mixer, puree the dried figs (together with the water) until smooth. Set aside for now.
2. Combine ¾ cup water and Cape Crystal agar-agar in a non-stick saucepan, mix well and cook on a slow flame for 2 minutes or until the Cape Crystal agar-agar melts, while stirring occasionally.
3. Add the milk, sugar, cardamom powder and fig purée, mix well and cook on a slow for 2 to 3 minutes or until the sugar dissolves completely. Keep aside to cool slightly. Pour into 6 individual glasses/ bowls and refrigerate for at 3 to 4 hours or until it sets.
4. Serve chilled garnished with a few saffron strands.

Nutrition Info

Calories: 864kcal,
Carbohydrates: 43g,
Protein: 26g,
Fat: 31g

10

Italian Coffee Mousse

Ingredients

For The Crust

- 14 biscuits
- 2 tbsp butter

For The Coffee Mousse

- 2 cups milk
- 4 tbsp Cape Crystal agar-agar
- 2 tsp. vanilla syrup
- 1 ¼ tsp coffee powder
- 1 cup beaten whipped cream

For The Garnish

- 1 tbsp coffee powder

Directions

1. For the crust: Crush the bourbon biscuits in a mixer. Mix the melted butter in the crushed biscuits. Spread evenly on the base of a 150 mm. (6") diameter tin and keep aside.
2. For the coffee mousse: Mix the coffee powder with ¼ cup milk and keep aside. Heat the remaining milk and add the Cape Crystal agar-agar, vanilla syrup and coffee mixture. Cook over a slow flame until the Cape Crystal agar-agar dissolves.
3. Strain the mixture and place it in the refrigerator until it is semi-set. Keep the whipped cream aside after folding it in. Place the mousse on top of the bourbon crust and chill until set. Cut into wedges and serve with instant coffee powder on top.



Preparation time



Cooking time



Serving

11

Hawaiian Fruit Bowl Cream



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 136kcal,
Carbohydrates: 24g,
Protein: 2.2g,
Fat: 2.6g

Ingredients

For Vanilla Cream

- 2 tsp Cape Crystal agar-agar
- 1 tbsp sugar
- 1 cup low fat milk
- 1/8 tsp vanilla extract

For The Hawaiian Fruit Bowl

- 3 ripe bananas
- 1 small pineapple
- 1 large muskmelon
- 1 medium sized apple

Directions

1. For the vanilla cream: Add 1 tablespoon of water to the Cape Crystal agar-agar and cook on a slow flame until it dissolves completely. Strain. Boil the milk, add the Cape Crystal agar-agar and sugar and mix well. Allow to cool to room temperature and then add the vanilla essence. Pour the mixture into a bowl and put to set in the refrigerator. Whisk well and keep aside.
2. For the Hawaiian fruit bowl: Peel and cut the pineapple. Scoop the melon using a melon scoop to get marble-shaped rounds. Peel, cut and quarter the bananas. Brush with lemon juice. Cut the apple into large cubes. Brush with lemon juice. Mix all the fruit in a bowl. Serve chilled topped with beaten vanilla cream.

Nutrition Info

Calories: 54kcal,
Carbohydrates: 9.4g,
Protein: 3.9g,
Fat: 0.1g

12

Saffron Cardamom Ice-Cream

Ingredients

- 8 tsp Cape Crystal agar-agar
- 3 tsp sugar
- 2 ¼ cups low fat milk
- 2 pinches cardamom powder
- 2 pinches of saffron strands

Directions

1. Pour 1 cup of water over the Cape Crystal agar-agar and simmer over a low heat until it completely dissolves. Strain. Bring the milk to a boil (leaving a little aside) and stir in the Cape Crystal agar-agar, sugar, and cardamom.
2. Warm the saffron, add the skim milk kept aside and mix until the saffron dissolves. Add to the mixture and heat for 3 to 4 minutes. Pour the mixture into an ice tray and put to set in the freezer compartment of a refrigerator.
3. To serve, churn the solid ice-cream in a mixer to make it soft and airy.



Preparation time

Cooking time

Serving

13

Vanilla Round with Strawberry Sauce



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 83kcal,
Carbohydrates: 18g,
Protein: 3g,
Fat: 0.2g

Ingredients

- 3 tbsp Cape Crystal agar-agar
- 3 tsp sugar
- 2 1/4 cups low fat milk mixed with 3 tsp skimmed milk powder
- 1/2 tsp vanilla essence

For The Strawberry Sauce

- 8 tsp sugar
- 2 tsp corn flour
- 3/4 cup fresh strawberry puree
- 1/2 tbsp lemon juice

Directions

1. Pour 1 cup of water over the Cape Crystal agar-agar and simmer over a low heat until it completely dissolves. Strain. Boil the milk (leaving a little aside) and stir in the Cape Crystal agar-agar and sugar. In a separate bowl, combine the vanilla essence and the rest of the ingredients. Heat for 3 to 4 minutes after adding the mixture.
2. Spread in a plate and put to set in the refrigerator. When set, cut into round pieces and serve. Alternatively, set in individual glasses and serve.
3. For the strawberry sauce: Mix the corn flour and sugar in 1 cup of water and cook while stirring continuously. When the sauce is thick and clear, remove the heat.
4. Add the strawberry puree and lemon juice and mix well. Chill and serve.

Nutrition Info

Calories: 15kcal,
Carbohydrates: 1.1g,
Protein: 0.2g,
Fat: 0g

14

Chunky Asparagus Delight

Ingredients

For Asparagus Mousse

- 1 tsp. Cape Crystal agar-agar
- 2 cups Vegetable Stock
- salt to taste
- ½ cup asparagus, chopped into 1/4" long pieces

For serving

- Sour Cream
- cream cracker biscuits
- Tabasco sauce or Capsico sauce

Directions

1. Cook the asparagus in a pot of water until they are soft. Set aside for now. Boil the vegetable stock with the Cape Crystal agar-agar until the Cape Crystal agar-agar has melted.
2. Strain the liquid and add salt. Mix gently. Arrange the asparagus stem in a 3" x 5" baking dish and pour the Cape Crystal agar-agar mixture on top of it. Once the mixture is set cut into squares. Refrigerate for at least an hour. Remove and cut into 8 bite-sized pieces
3. For serving, Place one asparagus mousse piece on a cream cracker, top with some sour cream. Serve immediately along with Tabasco or Capsico Sauce.



Preparation time



Cooking time



Serving

15

Fruit Bowl with Vanilla Cream



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 124kcal,
Carbohydrates: 27g,
Protein: 3g,
Fat: 0.6g

Ingredients

For Vanilla Cream

- 1 tbsp Cape Crystal agar-agar
- 1 cup low-fat milk
- 3/4 tsp sugar substitute
- 1/8 tsp vanilla extract

For The Fruit Bowl

- 1 cup chopped bananas
- 1 cup chopped apples
- 1 cup mixed fruit scoops
- 1 cup muskmelon scoops

Directions

1. For the vanilla cream: Combine the Cape Crystal agar-agar and 1½ tbsp of water in a small bowl. Place it on a double boiler and simmer until it dissolves completely.
2. Meanwhile put milk to boil. Remove from the flame, add the Cape Crystal agar-agar and sugar substitute and mix well. Strain the mixture and keep aside for 2 to 3 minutes. Add the vanilla essence, mix well and pour the mixture into a bowl and put to set in the refrigerator.
3. Toss all of the fruits together in a dish and chill until ready to serve. Place equal amounts of fruits in four separate dishes just before serving, then top each bowl with equal amounts of vanilla cream. Serve right away.

Nutrition Info

Calories: 84kcal,
Carbohydrates: 18g,
Protein: 5g,
Fat: 11g

16

Lemon Souffle

Ingredients

- 1 tsp Cape Crystal agar-agar
- ¼ cup lemon juice
- ¼ cup sugar
- 2 cups water
- 1 cup fresh cream, chilled

Directions

1. In a pan, combine the Cape Crystal agar-agar and water and heat until the Cape Crystal agar-agar dissolves. Cook for a few minutes more after adding the sugar. Remove the pan from the heat then add lemon juice and mix well. Allow it to cool.
2. While the Cape Crystal agar-agar cools and begins to set, whip the chilled cream (has to be chilled otherwise it will curdle), until it holds its shape.
3. Fold in the cream into the cooled Cape Crystal agar-agar mixture, transfer on to a serving bowl, chill and serve.



Preparation time



Cooking time



Serving

17

Chocolate Agar Cake



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 164kcal,
Carbohydrates: 29g,
Protein: 11g,
Fat: 17g

Ingredients

- 1 tbsp Cape Crystal agar-agar
- 1 tbsp corn flour
- 3 cups milk
- 5 tbsp sugar
- ¼ cup fresh cream
- 3 tbsp Choco powder
- 1 cup leftover chocolate cake pieces.

Directions

1. Boil 2 ½ cups of milk. Add sugar & cook uncovered on slow fire for 15 min, stirring frequently. Take 1/4 cup of milk. And warm it. Add Choco powder into it. Mix well and take care there is no lumps. Add this to the boiling milk.
2. Mix corn flour and Cape Crystal agar-agar with 1/4 cup of cold milk and add to the boiling milk. Cook on slow fire, stirring continuously until the mixture boils and thickens. Remove from fire and cool at room temperature.
3. Whip the items for one minute in a mixer. Add the chilled cream and stir to thoroughly combine everything. Fill an aluminum container halfway with the contents and cover with aluminum foil.
4. Place the container in a freezer until it is half set. Remove and whip in the mixer for 2 min. Pour back the mixture into the container. Crumble the cake pieces, & add 3/4th into the ice-cream and mix it lightly.
5. Place the ice-cream container, covered, back in the freezer until it is set just before serving, decorate the ice cream with the crumbled cake.

Nutrition Info

Calories: 152kcal,
Carbohydrates: 26g,
Protein: 6g,
Fat: 14g

18

Pineapple Pudding

Ingredients

- 2 tsp Cape Crystal agar-agar
- 2 eggs
- 3 tbsp butter
- 4 ¼ cups (1 ½) liters milk
- ½ cup water
- 3 large sized pineapples, chopped
- 2 cups powdered sugar
- 1 tbsp vanilla extract
- 1 tbsp chopped cashew nuts
- 2 tbsp chopped cherries

Directions

1. Boil the milk for half an hour, stirring regularly. Eggs should be properly beaten. When the milk has cooled, whisk in the beaten egg well. Add the Cape Crystal agar-agar in boiling water and dissolve it.
2. In the milk egg mixture add 1cup sugar, vanilla extract, and dissolved Cape Crystal agar-agar. In a pan heat butter, add chopped pineapple and stir it until it is cooked well then add remaining sugar and remove from heat.
3. Take the pudding mold grease it. now spread the cooked pineapple evenly. Pour the milk egg mixture over it carefully so that the pineapple layer comes below it.
4. Keep in refrigerator until pudding is done. Take outside and decorate it with cashew nuts and cherries.



Preparation time



Cooking time



Serving

19

Rose Coconut Delight



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 244kcal,
Carbohydrates: 31g,
Protein: 8g,
Fat: 17g

Ingredients

For The Base

- 8.8oz (¼ kg) vanilla sponge cake
- 2 tbsp rose syrup
- ¼ cup water

For The Toppings

- 2 tsp Cape Crystal agar-agar
- 2 tbsp sugar
- ¼ cup water
- 1 cup thick coconut milk
- ½ cup full fat milk
- ½ cup desi rose petals
- 1 cup condensed milk
- 1 cup whipped cream

For Decoration

- rose syrup
- sweetened whipped cream
- white chocolate roses

Directions

1. Trim the sponge cake's top. Place in a container with a loose bottom or a flat transparent glass bowl. Combine rose syrup and water in a mixing bowl. Drizzle over the sponge cake to thoroughly moisten it. Set aside for now.
2. Soak Cape Crystal agar-agar in ¼ cup water for 30 minutes at least. Wash the rose petals well and chop them finely. Cook rose petals, sugar and full fat milk for 3-5 minutes or until done. Cool for 2-3 minutes.
3. Mix thick coconut milk, condensed milk and rose petal mixture. Heat over a pan of hot water (double boiler) until warm. Melt soaked Cape Crystal agar-agar over medium low heat, stirring well until melted. Add melted agar- agar to coconut milk mixture.
4. Cool a little and fold in whipped cream. Spread on the prepared sponge cake and keep in the fridge for 3-4 hours. Drizzle rose syrup on top and pipe out whipped cream rose lets using star nozzle and keep chocolate roses in the center. Serve chilled.

Nutrition Info

Calories: 137kcal,
Carbohydrates: 26g,
Protein: 7g,
Fat: 21g

20

Cashew nut Pudding

Ingredients

- 1 tbsp Cape Crystal agar-agar
- 1 cup milk
- 3 tbsp sugar
- Vanilla extract
- 2 eggs, separated
- 1 tbsp level custard powder
- 1 cup chopped cashew nuts
- Red food color

Directions

1. Toast cashew nuts in 1 tbsp sugar until golden brown. Make a third of them red. Heat the perfect milk and sugar together until the sugar has dissolved. Continuously whisk in the beaten egg yolks. Stir in the other ingredients until they are well combined.
2. Put chopped cashew nuts in a large dessert bowl, pour the hot sauce on top. beat the egg whites until frothy adding a few drops of vanilla essence and lemon. steam.
3. Scoop out the egg whites, as it will be stiff. place on the pudding, and sprinkle with the red colored cashews.



Preparation time



Cooking time



Serving

21

Panna Cotta



Preparation time



Cooking time



Serving



Ingredients

- ½ tsp Cape Crystal agar-agar
- 1 cup milk
- 1 cup whipped cream
- ¼ cup powdered sugar
- 3 to 4 drops vanilla extract

Directions

1. Combine all the ingredients in a pan and heat until it simmers. Do not boil it. Wash 4 to 5 serving bowls with water and let them remain wet.
2. Into the dish or glasses, pour the hot mixture. Refrigerate for 5-6 hours, or until firm. Garnish with strawberry crush layer over it or any fruit crush of your choice.
3. Serve chilled.

Nutrition Info

Calories: 94kcal,
 Carbohydrates: 22g,
 Protein: 8g,
 Fat: 18g

Nutrition Info

Calories: 264kcal,
Carbohydrates: 19g,
Protein: 2g,
Fat: 1g

22

Orange Jelly

Ingredients

For the fruit layer

- 1 tbsp Cape Crystal agar-agar
- sugar to sweeten
- 2 cups orange juice
- a few drops orange food color

For coconut layer

- 2 tbsp corn flour
- 4 to 5 tbsp sugar
- 2 cups coconut milk

Directions

1. For the fruit layer: Dissolve the Cape Crystal agar-agar in the orange juice. Add the sugar and simmer until all the Cape Crystal agar-agar dissolves. Strain while it is still warm and add the food color. Pour into a 150mm. (6") square tray. Refrigerate for 15 to 20 minutes until it sets.
2. For the coconut layer: Make a paste of the corn flour and 2 tablespoons of the coconut milk. Heat the remaining coconut milk with the sugar. When it comes to a boil, add the corn flour paste, and stir until it becomes thick. Remove from the fire, cool slightly and strain. Pour this over the set orange layer and allow it to set in the refrigerator for 4 to 5 hours.
3. To unmold, dip the tray in lukewarm water for a few seconds before transferring to a flat plate. Cut out parts of the set dessert with a flower-shaped cookie cutter. Carefully lift each piece onto a serving platter. Serve chilled surrounded by fruit.



Preparation time



Cooking time



Serving

23

Creamy Mango Ginger Mousse



Preparation time



Cooking time



Serving



Nutrition Info

CCalories: 74kcal,
Carbohydrates: 18g,
Protein: 2g,
Fat: 11g

Ingredients

- 1 tsp Cape Crystal agar-agar
- ¼ cup milk
- 2 tsp sugar
- 1/2 cup water
- 1 cup mango pulp
- 1 tsp ginger juice
- 1 tsp lemon juice
- 3/4 cup whipped cream

Directions

1. Dissolve the Cape Crystal agar-agar in boiling water until thoroughly dissolved. Boil the mixture for 5 minutes after adding the mango pulp, milk, and sugar. Set aside for 10 minutes after straining.
2. Add the lemon juice, ginger juice and whipped cream and freeze for 10 minutes.
3. Serve chilled garnished with mango and whipped cream.

Nutrition Info

Calories: 135kcal,
Carbohydrates: 24g, P
rotein: 3g,
Fat: 16g

24

Cape Crystal Agar-Agar Salad

Ingredients

- 4 tsp Cape Crystal agar-agar
- 1 can fruit cocktail
- 2 liters water
- 24 oz (740 ml) all-purpose cream
- 12 oz (370 ml) condensed milk
- 1 tbsp flavoring extract (pandan, orange, pineapple)

Directions

1. Combine the Cape Crystal agar-agar powder, flavoring extract, and water in a saucepan and stir until completely dissolved. Bring to a boil over medium heat, stirring occasionally, until slightly thickened. Continue to stir.
2. Pour the mixture into baking pan or rectangular-shaped container. Set aside and let it cool until solidify.
3. Scrape the Cape Crystal agar-agar into strips. In a large bowl, combine fruit cocktail, cream and condense milk then mix. Cover and refrigerate for several hours. Serve cold.



Preparation time



Cooking time



Serving

25

Coffee Jelly



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 84kcal,
Carbohydrates: 3g,
Protein: 1.2g,
Fat: 9g

Ingredients

- 2 cups of coffee
- 1 tsp Cape Crystal agar-agar powder
- 2 tbsp sugar

Directions

1. In a small saucepan, combine 2 cups of coffee and 1 tsp. of Cape Crystal agar-agar. To dissolve the Cape Crystal agar-agar, whisk everything together. Over medium-high heat, bring to a boil.
2. Once it reaches a boil, turn the heat down to low and add the 2 tbsp sugar. Whisk to dissolve. Cook on low for 3 more minutes. Then turn off the heat and let cool for 5 minutes.
3. Pour the coffee jelly into dessert cups. Let the jelly set in the fridge for 2 hours, and then it is ready to eat.
4. Top with whipped cream or a spoonful of sweetened condensed milk. Eat chilled and enjoy.

Nutrition Info

Calories: 54kcal,
Carbohydrates: 8g,
Protein: 1.2g,
Fat: 0.3g

26

Sparkling Strawberry Agar Agar

Ingredients

- 1 tsp. Cape Crystal agar-agar powder
- 11/2 cups sparkling apple cider
- 1 pint strawberries, cut into quarters

Directions

1. Place the quartered strawberries in the bottom layer of a shallow, heat-resistant pan (9x9 inch dish is best). Start with a pint of strawberries and adjust the amount as required. Set aside.
2. In a small saucepan, dissolve Cape Crystal agar-agar powder in a 1/2 cup water. Bring to a boil over medium-high heat. Turn heat to medium-low and cook for another 2 minutes. Cape Crystal agar-agar needs to be dissolved in order for the dessert to set as a jelly.
3. Remove from heat. Pour in 11/2 cups of sparkling apple cider and gently stir. Pour the mixture into the container with the strawberries. Let cool on a counter for 5 minutes. Then refrigerate for at least 2 hours to set (or can set overnight).
4. When the Cape Crystal agar-agar is set, remove it from the container and cut into 1-inch cubes. Serve the sparkling strawberry Cape Crystal agar-agar chilled and in small bowls with an extra splash of apple cider on top! Eat and enjoy



Preparation time



Cooking time



Serving

27

Exotic Osmanthus and Goji Agar Agar



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 141kcal,
Carbohydrates: 18g,
Protein: 2g,
Fat: 7g

Ingredients

- 1 tsp Cape Crystal agar-agar
- 1 tbsp sugar
- 2 cups water
- 2 tbsp Osmanthus flowers
- 2 tbsp goji berries

Directions

1. Dissolve 1 tsp Cape Crystal agar-agar powder in 2 cups water in a small saucepan. Over medium-high heat, bring to a boil. Allow one minute for the water to boil. Add 1 tbsp sugar, whisk to dissolve.
2. Add 2 tbsp osmanthus flowers to the saucepan and let steep over medium heat for three minutes. Add 2 tbsp goji berries and let steep for another one minute.
3. Turn off the stove, remove saucepan from heat. Using a small sieve, strain out the mixture into a heatproof container. Set aside the sieve.
4. Let the mixture cool for one minute. Then using a pair of chopsticks (or fork or toothpick, whichever is easiest), add back some of the goji and osmanthus flowers to the Cape Crystal agar-agar. I usually add back half the goji berries and several osmanthus flowers.
5. Place in the refrigerator and let cool/set for at least two hours. Remove from refrigerator, cut into cubes and serve chilled with a spoonful of Osmanthus Syrup over the top. Enjoy!

Nutrition Info

Calories: 64kcal,
Carbohydrates: 8g,
Protein: 6g,
Fat: 12g

28

Almond Tofu

Ingredients

- 1 tsp Cape Crystal agar-agar
- ½ cup water
- 1-1/2 cup soy milk, unsweetened
- ¼ cup sugar
- 2 tsp almond extract

Directions

1. Dissolve Cape Crystal agar-agar in ½ cup water. In a small saucepan, heat soy milk and sugar to just before boiling. Add the dissolved Cape Crystal agar-agar to the mixture and stir until smooth.
2. Turn off the heat and add the almond extract to the pot. Allow 5 minutes for cooling. Fill a heatproof dish halfway with the mixture. Refrigerate to set (this takes about two hours).
3. Cut into cubes and served with fresh fruit (strawberries, longan, etc.) or canned fruits.



Preparation time



Cooking time



Serving

29

Strawberry-Haupia Agar Agar



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 71kcal,
Carbohydrates: 14g,
Protein: 4g,
Fat: 7g

Ingredients

- 1 tsp Cape Crystal agar-agar powder
- 1 cup water
- 1 cup coconut milk
- 2 tbsp sugar
- 1/4 cup almond milk
- 1-pint strawberries, cleaned and quartered

Directions

1. Dissolve 1 tsp Cape Crystal agar-agar powder in 1 cup water in a small pot with a whisk. Bring to a boil over medium-high heat, then simmer for another minute while the Cape Crystal agar-agar dissolves.
2. Whisk in 2 tbsp sugar. Reduce to medium heat and whisk in 1 cup coconut milk. Let cook for another minute until the mixture is just about to boil again.
3. Remove saucepan from heat and set aside, let cool for 3 minutes. Pour into a heat-proof container and refrigerate for at least 2 hours to let the haupia Cape Crystal agar-agar set.
4. Cut the haupia Cape Crystal agar-agar into cubes. Divide into four chilled bowls. Serve with quartered strawberries and a splash of almond milk.

Nutrition Info

Calories: 100kcal,
Carbohydrates: 15g,
Protein: 6g,
Fat: 21g

30

Coconut-Choco Cape Crystal Agar Agar

Ingredients

Choco Layer

- 4 tsp. Cape Crystal agar-agar
- ½ cup sugar
- 5 cups water
- ¾ cup Choco powder

Coconut Milk Layer

- 2 tsp. Cape Crystal agar-agar
- ¼ tsp salt
- ¼ cup sugar
- 1 cup water
- 1 cup coconut milk

Directions

1. Prepare an 8" x 8" x 2" square pan. Wipe or brush pan with a little vegetable oil.
2. Choco Layer: Bring water in a medium pot to boil. Add Cape Crystal agar-agar and sugar. Reduce heat to low. Stir constantly until Cape Crystal agar-agar and sugar dissolve, about 3 minutes.
3. Stir in Choco powder until well incorporated into Cape Crystal agar-agar mixture. Turn off stove. Pour Cape Crystal agar-agar mixture into prepared pan and allow it to set for about 45 minutes at room temperature.
4. Coconut Milk Layer: Combine water and coconut milk in a small saucepan. Bring to a boil. Add Cape Crystal agar-agar, salt, and sugar. Reduce heat to low. Stir constantly until Cape Crystal agar-agar, salt, and sugar dissolve, about 3 minutes. Turn off stove.
5. Gently pour the mixture over the set Choco layer and put aside for 20 minutes to enable the coconut milk layer to set. Place the dish in the refrigerator to cool until ready to serve. Remove the set from the fridge and cut it into the appropriate shapes.



Preparation time



Cooking time



Serving

31

Homemade Jell-O



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 34kcal,
 Carbohydrates: 8g,
 Protein: 0g,
 Fat: 0g

Ingredients

- 1 tbsp Cape Crystal agar-agar
- 1 3/4 cups fruit juice
- 1/4 cup boiled water

Directions

1. To produce a smooth and uniform final product, combine Cape Crystal agar-agar with a little amount of cool or room-temperature fruit juice. Sprinkle the tablespoon of Cape Crystal agar-agar over 1/4 cup of the fruit juice in a medium mixing dish and whisk vigorously until the mixture thickens.
2. Once the mixture is nice and thick, pour the 1/4 cup of hot (just boiled) water over it, and whisk well to dissolve evenly. When the mixture is smooth, add in the remaining 1 1/2 cups of fruit juice, and mix well to combine.
3. Pour the mixture into a standard loaf pan, greased or lined with parchment paper to prevent sticking, and place in the fridge to set for at least 2 hours.
4. Slice into squares and serve immediately, or store in the fridge in a sealed container until ready to serve.

Nutrition Info

Calories: 5kcal,
Carbohydrates: 4g,
Protein: 0g,
Fat: 0g

32

Sugar-Free Gummy Bears

Ingredients

- 2 tsp Cape Crystal agar-agar
- 1/3 cup cold water
- 2 tsp Stevia powder, more to taste
- 1/2 package unsweetened soft drink mix

Directions

1. Line baking sheets with silicone candy molds. Set aside. Bring a pan halfway full of water to a boil.
2. Meanwhile, combine the Cape Crystal agar-agar and cold water in a tall, heat-resistant container. Stir until dissolved. Mix in stevia and soft drink mix.
3. Place the container in the boiling water. Stir the mixture until syrupy. Carefully remove the glass from the saucepan. Use a liquid dropper or syringe to transfer the mixture into candy molds.
4. Refrigerate molds for at least an hour or until gummies set. Remove from molds. Enjoy!



Preparation time



Cooking time



Serving

33

Homemade Marshmallows



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 83kcal,
Carbohydrates: 21g,
Protein: 0g,
Fat: 0g

Ingredients

- 2 tsp Cape Crystal agar-agar
- 2 cups white sugar
- 1/4 cup cornstarch
- 3/4 cup water, divided
- 2/3 cup light corn syrup
- 1 tbsp vanilla extract
- 1/4 cup confectioners' sugar

Directions

1. Line a 9x9 inch baking dish with plastic wrap and spray with non-stick cooking spray. Spray another piece of plastic wrap to cover the top, and set aside. Place 1/2 cup of water in the bowl of an electric mixer fitted with the whisk attachment, and sprinkle Cape Crystal agar-agar on top of water to soak.
2. In a saucepan, mix 1/4 cup water, corn syrup, and sugar while the Cape Crystal agar-agar is soaking. Over medium heat, bring the mixture to a boil. Boil the mixture hard for 1 minute
3. Carefully pour the hot sugar mixture into the Cape Crystal agar-agar mixture and beat on high for 12 minutes with an electric mixer, until the mixture is fluffy and forms stiff peaks. Add in vanilla extract and beat until just combined.
4. Pour the marshmallow mixture into the prepared baking dish, using a greased spatula to smooth the top. Cover the candy with the piece of prepared plastic wrap, pressing it down lightly to seal the covering to the top of the candy.
5. Allow the marshmallow candy to rest for 4 hours or overnight. Mix together cornstarch and confectioners' sugar in a shallow dish. Using oiled scissors or an oiled kitchen knife, cut the marshmallow candy into strips, then into 1-inch squares. Dredge the marshmallows lightly in the cornstarch mixture and store in an airtight container.

Nutrition Info

Calories: 243kcal,
Carbohydrates: 39g,
Protein: 4g,
Fat: 8g

34

Creamy Raspberry Jell-O Parfaits

Ingredients

- 2 tsp Cape Crystal agar-agar
- 1 tsp. raspberry syrup
- 4 oz cream cheese
- 3 1/2 cups water divided
- 8 oz tub whipped topping divided
- 6 glass dessert dishes

Directions

1. Dissolve the Cape Crystal agar agar in one cup of hot water by stirring it in. Stir in one cup of cold water. Using around 3-3 1/2 tbsp of Cape Crystal agar agar each dessert plate, evenly distribute the Cape Crystal agar-agar. Refrigerate for 2-2 1/2 hours, giving the Cape Crystal agar-agar ample time to firm before laying another layer on top.
2. In a second bowl, add Cape Crystal agar agar to one cup of boiling water and stir to dissolve. Combine the Cape Crystal agar agar mixture, raspberry syrup and the cream cheese in a blender or food processor and pulse to combine. Add 1/2 cup of cold water, pulse to combine, then add half of the whipping topping. Pulse everything together until smooth and pour in the 6 dessert dishes.
3. Chill in the refrigerator until firm then top off with remaining whipped topping. You can serve as is or garnish with a few sprinkles or even some fresh raspberries!



Preparation time



Cooking time



Serving

35

Vegetable Lentil Soup



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 214kcal,
Carbohydrates: 41g,
Protein: 11g,
Fat: 1g

Ingredients

- 1 cup chopped onion
- 1 cup dried lentils, rinsed
- 1 teaspoon dried basil
- 4 cups vegetable broth
- 1 tsp. dried oregano
- 3 cups cubed peeled butternut squash
- 1 cup chopped carrots
- 2 garlic cloves, minced
- 1 can (14-1/2 ounces) Italian diced tomatoes, undrained
- 2 cups frozen cut green beans
- 2 tsp Cape Crystal agar-agar

Directions

1. In a 5-quart slow cooker, combine all of the ingredients. Cook on low for few hours, covered, until lentils are cooked.
2. Stir in tomatoes and beans. Cook, covered, on high until heated through, about 30 minutes. Then, for a proper consistency, add aga agar.

Nutrition Info

Calories: 69kcal,
Carbohydrates: 9g,
Protein: 1g,
Fat: 0g

36

Margarita Cape Crystal Agar Agar Shots

Ingredients

- 4 tsp Cape Crystal agar-agar
- 1 cup tequila
- 1/4 cup Triple Sec
- 1 can (12 ounces) frozen limeade concentrate
- Optional: kosher salt and lime wedge

Directions

1. Sprinkle Cape Crystal agar-agar over cold limeade in a small saucepan and set aside for 1 minute. Heat over low heat, stirring constantly, until the Cape Crystal agar-agar is completely dissolved. Remove the pan from the heat. Stir in tequila and triple sec.
2. Pour into 2-oz. shot glasses; refrigerate until set. If desired, garnish rim with salt and lime. To serve in lime wedges instead of shot classes, halve and juice 6 limes (save juice for another use). Scrape out pulp. Arrange halves in muffin tins for stability. Fill with Cape Crystal agar agar mixture. Refrigerate until set; cut each lime half into 2 wedges.



Preparation time



Cooking time



Serving

37

Apricot Cape Crystal Agar Agar Salad



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 167kcal,
Carbohydrates: 15g,
Protein: 2g,
Fat: 10g

Ingredients

- 3 tsp Cape Crystal agar-agar
- 2 tsp apricot or orange syrup
- 2 cups boiling water
- 1 can (20 oz) crushed pineapple
- 1 package (8 oz) cream cheese, softened
- 1 can (15 oz) apricot halves, drained and chopped
- 1/2 cup chopped walnuts
- 1 carton (8 oz) frozen whipped topping, thawed
- Additional chopped walnuts, optional

Directions

1. Add Cape Crystal agar-agar in water bring to a boil to dissolve it. Drain the pineapple and save the juice. Add the pineapple in the Cape Crystal agar-agar. Cream together cream cheese and pineapple juice in a mixing bowl until smooth.
2. Stir in Cape Crystal agar-agar mixture, chill until partially set, stirring occasionally. Stir in apricots and walnuts. Fold in whipped topping. pour into a 13x9-in. dish. Sprinkle with walnuts if desired. Chill until firm.

Nutrition Info

Calories: 155kcal,
Carbohydrates: 32g,
Protein: 2g,
Fat: 0g

38

Cran-Raspberry Cape Crystal Agar Agar Salad

Ingredients

- 3 tsp Cape Crystal agar-agar
- 2 tsp raspberry syrup
- 1 cup boiling water
- 1 can (14 oz) whole-berry cranberry sauce
- 1 can (8 oz) crushed pineapple, undrained
- 1 cup orange juice
- Sugared cranberries, optional

Directions

1. Dissolve Cape Crystal agar agar in boiling water in a pan. Then add the agar agar water to the cranberry sauce, pineapple, and orange juice in a mixing bowl. Pour into a 6-cup ring mold that has been sprayed with nonstick cooking spray.
2. Cover and refrigerate until set, about 4 hours. Unmold onto a serving platter. If desired, garnish with sugared cranberries.



Preparation time



Cooking time



Serving

39

Fluffy Orange Cape Crystal Agar Agar Pie



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 202kcal,
Carbohydrates: 31g,
Protein: 3g,
Fat: 4g

Ingredients

- 3 tsp Cape Crystal agar agar
- 2 tsp orange syrup
- 1 can (15 oz) mandarin oranges
- 1 can (5 oz) evaporated milk, chilled
- 1 reduced-fat cracker crust (9 inches)
- 1 medium navel orange, sliced

Directions

1. Pour the juice from the oranges into a measuring cup. Pour in 1 cup of water and set the oranges aside. Fill a pot halfway with liquid and bring to a boil. Stir in the Cape Crystal agar-agar until it is completely dissolved.
2. Transfer to a large bowl, place mixer beaters in bowl. Cover and refrigerate until mixture become syrupy.
3. Add milk. Beat on high speed until nearly doubled. Fold in mandarin oranges. Pour into crust. Refrigerate for 2-3 hours or until set. Garnish with orange slices.

Nutrition Info

Calories: 111kcal,
Carbohydrates: 25g,
Protein: 2g,
Fat: 0g

40

Applesauce-Raspberry Cape Crystal Agar Agar Mold

Ingredients

- 3 tsp Cape Crystal agar-agar
- ¼ cup orange juice
- 2 tsp raspberry syrup
- 1-1/2 cups lemon-lime soda
- 3 cups unsweetened applesauce

Directions

1. Bring applesauce and orange juice to a boil in a large pot. Remove from the heat and mix in the Cape Crystal agar agar until it is completely dissolved. Slowly pour in the soda.
2. Pour into a 6-cup mold coated with cooking spray. Refrigerate until firm. Unmold onto a serving platter.



Preparation time



Cooking time



Serving

41

Sliceable Cashew “Cheese”



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 214kcal,
Carbohydrates: 23g,
Protein: 13g,
Fat: 29g

Ingredients

- 3 tsp Cape Crystal agar-agar powder
- 2 tbsp nutritional yeast
- 1 tsp garlic granules
- large pinch salt
- 4.5 oz unsalted cashews
- oil for greasing, such as sunflower or olive
- 2 cups milk alternative, such as cashew or soya

For the optional seasonings

- 1 tsp dried herbs
- 1 tsp garlic powder
- 1 tsp smoked paprika

Directions

1. Soak the cashews in a basin of water for at least 2 hours, covered with a clean tea towel. Oil your chosen molds.
2. Drain the cashews and drop into a blender or food processor. Add a quarter of the milk substitute and blend until smooth. Pour into a large saucepan with the remaining milk.
3. Stir in the nutritional yeast and salt.
4. Add optional seasonings, such as dried herbs, smoked paprika or garlic powder now. Stir in the Cape Crystal agar-agar and bring to the boil, while stirring. Once boiling, reduce the heat to low and simmer, constantly stirring, for 6 minutes.
5. Pour into the mold immediately and leave for 10 minutes. Cover with a clean tea towel and refrigerate for 2 hours before using. Store in the freezer, in an air-tight container, if you want to be able to grate it.

Nutrition Info

Calories: 204kcal,
Carbohydrates: 13g,
Protein: 16g,
Fat: 22g

42

Cheese and Onion Risotto

Ingredients

- 5 bay leaves
- 2 cups apple vinegar
- 2 tbsp. white wine
- 1.7 oz butter
- 1 tbsp grape seed oil
- 2.2 lb white onions, thinly sliced
- 5 black peppercorns
- 4 cups pints chicken stock or water
- ½ lb carnaroli rice, or risotto rice
- 1.7 oz Parmesan, or vegetarian alternative
- salt, to taste

For the graukäse cream

- 1 tsp Cape Crystal agar-agar
- 1 cup double cream
- salt, to taste
- 3.5 oz graukäse, or other strong-flavored Alpine cheese
- freshly ground black pepper, to taste

Directions

1. In a small saucepan, cook the risotto until it is hot. Cook until the onions are softened, then add the oil. Combine the vinegar, black peppercorns, and salt in a mixing bowl. Reduce the heat to low and continue to cook for an hour.
2. When the onions have cooked, place a large saucepan over a medium heat. Tip in the rice and white wine and simmer until the liquid has evaporated. Add a ladle of chicken stock and cook until it has soaked into the rice. Repeat until all the stock has been used. Stir in the cooked onions. Simmer until creamy then stir in the butter and Parmesan.
3. To make the graukäse cream, mix all of the ingredients together in a saucepan and bring to the boil, stirring constantly. Pour into a food processor and blend until smooth. Charge your espuma gun with two canisters. Carefully pour the cream into gun.
4. Divide the risotto among four serving bowls and top with the cream using the espuma gun. Crumble the cheese over a slice of bread and top with chives.



Preparation time



Cooking time



Serving

43

Vegan Lemon Cheesecake



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 244kcal,
Carbohydrates: 9g,
Protein: 18g,
Fat: 21g

Ingredients

- 3 tsp Cape Crystal agar-agar
- 7 oz firm tofu
- ½ cup caster sugar
- 1 tbsp vegan cream cheese
- ¾ cup coconut cream
- 7 oz digestive biscuits, crushed
- ¾ cup butter or vegan margarine, melted
- 1 lemon, zest and juice
- ¾ cup limoncello liqueur
- few drops vanilla extract
- fresh berries or berry sauce, to serve

Directions

1. In a bowl, mix the crushed biscuits with the butter or margarine. Press the mixture into the base of a 20cm/8in round springform cake tin. In a pan set over a very low heat, add the lemon juice, limoncello, a splash of water and the Cape Crystal agar-agar. Stir until the Cape Crystal agar-agar has dissolved.
2. Combine the tofu, cream cheese, coconut cream, a dab of vanilla essence, sugar, and lemon zest in a food processor. Blend until completely smooth.
3. Pour the tofu mixture over the biscuit base and smooth the surface. Chill in the fridge for an hour until set. Serve with fresh berries or a berry sauce.

Nutrition Info

Calories: 264kcal,
Carbohydrates: 26g,
Protein: 3g,
Fat: 4g

44

White Chocolate Panna Cotta with Roasted Figs

Ingredients

For the roasted figs

- 4 tbsp clear honey
- 4 figs, tops scored with a cross using a sharp knife

For the panna cotta

- 2 cups double cream
- 2/3 cup milk
- 3.5 oz white chocolate, broken into pieces
- 2 tbsp sugar
- 3 tsp Cape Crystal agar-agar

Directions

1. Preheat oven to 200°C/400°F. To make the roasted figs, spread the figs out on a baking sheet and sprinkle honey over them. Roast for 6-8 minutes, or until the figs are softened and the honey has caramelized in the oven. Set aside.
2. Meanwhile, for the panna cotta, heat the cream and milk in a pan over a medium heat until the mixture is almost simmering. Reduce the heat to low and stir in the white chocolate and sugar until the ingredients have melted and the mixture is well combined.
3. Remove the pan from the heat and add Cape Crystal agar-agar with water. Stir until the Cape Crystal agar-agar melted then set the mixture aside until it has completely cooled. Pour the panna cotta mixture into ramekins, then chill in the fridge for five hours, or until set firm.
4. To serve, dip the ramekin bases and sides in warm water to loosen the panna cotta from the molds. Turn out one panna cotta into the center of each of four serving plates. Place one roasted fig alongside.



Preparation time



Cooking time



Serving

45

Mulled Wine Trifle



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 94kcal,
Carbohydrates: 27g,
Protein: 11g,
Fat: 16g

Ingredients

- 3 tsp Cape Crystal agar-agar
- ½ cup vanilla vodka
- 6 cardamom pods
- 1 cup port
- 2 cups red wine
- 2/3 cup sugar
- 1 cinnamon stick
- 2 cloves
- 14 oz fresh custard
- 1 tbsp grated ginger
- 1 tsp vanilla extract
- 1 orange, peel only, white pith removed
- 1 lemon, peel only, white pith removed
- ¾ cups frozen summer fruits, defrosted
- 2 ½ cup double cream, whipped until soft peaks form when the whisk is removed
- handful flaked almonds, toasted, to decorate

Directions

1. In a small saucepan, heat orange and lemon zest, ginger, cinnamon stick, cloves, vanilla vodka, cardamom pods, port, red wine, and sugar until warm but not boiling. In saucepan add the agar agar to ½ cup of water and boil until dissolved. In a large mixing basin, strain the spice mixture through a sieve into the pan of dissolved Cape Crystal agar agar and stir thoroughly.
2. Spoon the soft fruit into a large glass serving bowl and pour enough of the jelly mixture to fill it a third of the way up. Chill in the fridge overnight, or until they have completely set. Mix half of the whipped cream with the custard and vanilla in a bowl until well combined and spoon this mixture onto the set jelly.
3. To serve, spoon the remaining whipped cream onto the trifle and scatter over the flaked almonds.

Nutrition Info

Calories: 64kcal,
Carbohydrates: 12g,
Protein: 0.1g,
Fat: 0g

46

Katy's Jelly Boats

Ingredients

- 1 tsp Cape Crystal agar-agar
- ½ cup orange juice
- ¼ cup warm, boiled water
- 6 seedless red grapes, cut in half
- 1 orange, cut in half, flesh removed, skin shell reserved
- 2 large fresh mint leaves

Directions

1. Fill each side of the orange skin with six grape halves. Place the skins in cups, a muffin tin, or something similar to keep them from falling over.
2. In a bowl, mix together the warm water and Cape Crystal agar agar and stir until it has completely dissolved. Add the orange juice and stir well.
3. Pour the jelly mixture into each half of orange skin, almost filling the skins. Carefully transfer to the fridge and chill for 2-3 hours, or until the jellies have set.
4. Fold each mint leaf in half and pierce with a cocktail stick to make sails for the boats. Just before serving, push one sail into each set jelly.



Preparation time



Cooking time



Serving

47

Fruity Yoghurt Jellies



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 59kcal,
Carbohydrates: 11g,
Protein: 18g,
Fat: 3g

Ingredients

- 2 tsp Cape Crystal agar-agar
- ½ lemon, zest only, finely grated
- 2/3 cup fat-free natural yoghurt
- 6 tbsp sugar-free lemon or orange squash
- 7 oz mixed fresh berries (alternatively use frozen berries)
- small handful fresh mint leaves

Directions

1. Dissolve the Cape Crystal agar agar in water by bringing it to a boil and thoroughly mix it. In a small saucepan, combine the squash, lemon zest, and ½ cup water and cook slowly until just warm. Turn off the heat.
2. Stir in 1 cup water, Cape Crystal agar-agar and the yoghurt until they are thoroughly combined. Pour the jelly into four glass tumblers or dishes, cover with cling film and chill for 5-6 hours or overnight until set.
3. 3. Serve the jellies topped with fresh berries and mint leaves to decorate.

Nutrition Info

Calories: 74kcal,
Carbohydrates: 18g,
Protein: 2g,
Fat: 0.2g

48

Champagne Jelly

Ingredients

- 2 tsp Cape Crystal agar-agar
- 1 ¼ cup hot water
- ¼ cup caster sugar
- 2 cups pink sparkling wine or pink champagne
- 2/3 cup raspberries, or any fruit you like

Directions

1. In a small saucepan over low to medium heat, combine the water and sugar. Stir in the crystals to dissolve them, then increase the heat to high and bring to a boil. Reduce the heat to low and cook for five minutes before removing the pan.
2. Pour the sparkling wine into a large heatproof bowl and add the Cape Crystal agar-agar. Take out the leaves, squeeze off as much liquid as possible, and add them to the sugar syrup.
3. Whisk furiously until the Cape Crystal agar-agar has completely dissolved, then pour the syrup back into the bowl with the sparkling wine and whisk to combine. Allow to cool thoroughly, then refrigerate the jelly for about one hour.
4. As soon as it starts to thicken, stir in the raspberries or other fruit. Divide the jelly between six glasses and cover them with cling film. Refrigerate for four to six hours, or until they have completely set and serve.



Preparation time



Cooking time



Serving

49

Blueberry and Buttermilk Panna Cotta



Preparation time



Cooking time



Serving



Nutrition Info

Calories: 69kcal,
Carbohydrates: 21g,
Protein: 5g,
Fat: 6g

Ingredients

For the panna cotta

- 2 tsp Cape Crystal agar-agar
- 1 ¼ cup double cream
- ¾ cup blueberries
- 2/3 cup caster sugar
- 1 tsp vanilla extract
- 1 ¼ cup buttermilk

For the blueberry sauce

- 1 star anise
- ½ cup caster sugar
- 1 cup blueberries
- 1 star anise
- ½ cup caster sugar
- 1 cup blueberries

Directions

1. In a saucepan, heat the cream, sugar, and vanilla extract until the sugar has dissolved and the liquid is just about to boil. Turn off the heat in the pan. Cape Crystal agar-agar should be mixed with water. Stir it into the pan until it is completely dissolved. Add the buttermilk and mix well.
2. Divide the blueberries between five ramekins. Pour over the cream mixture to fill the molds. Place in the fridge to set - this will take at least four hours, or leave overnight.
3. For the blueberry sauce, put the sugar, ¼ cup of water and star anise into a pan. Bring to the boil so that the sugar dissolves and the syrup thickens slightly but doesn't change color. Remove from the heat and add the blueberries. Leave to cool and the syrup will turn a deep red color and the blueberries will soften.
4. To serve, run a knife around the panna cotta to loosen it. Tip out onto serving plates and pour over a little of the blueberry sauce.

Nutrition Info

Calories: 82kcal,
Carbohydrates: 18g,
Protein: 6g,
Fat: 8g

50

Vanilla Panna Cotta

Ingredients

For the panna cotta

- 2 tsp Cape Crystal agar-agar
- 2 tbsp sugar
- 1 cup milk
- 1 cup double cream
- 1 vanilla pod, split lengthways, seeds scraped out

For the sauce

- $\frac{3}{4}$ cup sugar
- $\frac{3}{4}$ cup water
- 12 oz raspberries
- splash cherry liqueur

Directions

1. To make the panna cotta, bring the Cape Crystal agar agar and water to a boil, whisk until smooth. Bring the milk, cream, vanilla pod and seeds, and sugar to a boil in a saucepan. Remove and discard the vanilla pod. Remove the pan from the heat and add the Cape Crystal agar-agar. Stir until it's completely dissolved.
2. Divide the mixture among four ramekins and leave to cool. Place into the fridge for at least an hour, until set.
3. For the sauce, place the sugar, water and cherry liqueur into a pan and bring to the boil. Reduce the heat and simmer until the sugar has dissolved. Take the pan off the heat and add half the raspberries. Using a hand blender, blend the sauce until smooth.
4. Pass the sauce through a sieve into a bowl and stir in the remaining fruit. To serve, turn each panna cotta out onto a serving plate. Spoon over the sauce and garnish with a sprig of mint. Dust with icing sugar.



Preparation time



Cooking time



Serving

Give Yourself a Healthier, Cleaner,
More Radiant Skin with the . . .



AGAR AGAR FACE MASK

INGREDIENTS



2 Tbsp Agar Agar



4 Tbsp Milk



2 Tsp Honey



2-3 Drops Chamo-



Mixing Bowl

THE PROCESS

- 1 Place the milk in a microwave-safe bowl. Then, place bowl with the milk in the microwave on the highest setting for 30-seconds.
- 2 Remove the bowl (careful it is hot) and add agar agar powder in it.
- 3 Mix it to incorporate it and add the manuka honey and chamomile essential oil.
- 4 Stir it well until it becomes homogenous in consistency.

APPLYING

1

Apply the mask beginning at the forehead down making sure you stay clear of the eyes.



2

Let it sit on the face for 10-12 minutes. Use a warm washcloth to remove the leftover mask.



ABOUT THE INGREDIENTS

The purpose and why the ingredients are included.

- (1) Cape Crystal Agar agar is a powder made from seaweed which is a vegan gelatin used to thicken the milk for the face mask. Agar agar is a great substitute exfoliant if alpha-hydroxy acid masks make the skin red, inflamed, or irritated.
- (2) Mānuka Honey comes from New Zealand. It is made by bees that collect the nectar of New Zealand's Mānuka tree. It is special due its high levels of Methylglyoxal (MGO) (an antibacterial compound) which gives it its unique properties. It makes the honey some of the rarest in the world. Manuka honey is used as a natural ointment for wounds of all kinds. It has been hailed as a go-to germ fighter in an age of resistance to conventional antibiotics. Proponents also claim that Manuka honey can treat other conditions from acne to sinus issues.
- (3) Chamomile oil is added to reduce skin redness caused by allergic reactions, sunburns or even after an intense workout. Chamomile oil is effective for brightening facial skin. The high antioxidant content in this plant is said to brighten the face naturally. In one study, it was also concluded how the content of chamomile has a good ability to lighten the skin and help reduce hyperpigmentation—those brown dots and freckles.
- (4) Vitamin E oil (optional) is suggested for dry/aging skin. Vitamin E is an antioxidant and has anti-inflammatory properties that are effective in maintaining skin health. Vitamin E oil can fight against free radicals and protects the skin from damage. It also has moisturizing and healing properties that help boost the barrier function of your skin.



Cape Crystal Brands provides specialized, and hard to find food ingredients to cooks and chefs worldwide. All ingredients are non-GMO, Kosher certified, Halal and gluten-free. You may contact us for our catalog of ingredients which we will be happy to provide.





Decorated Agar Agar Jelly Cake

FEATURING DELICIOUS DESERTS FROM AROUND THE WORLD

If you are looking to add more flair in your desert dishes without the added animal protein, found in gelatin this cookbook was made for you.

Our cookbook is a collection of fifty international desert and savory recipes that uses agar agar as a gelatin substitute. Agar agar is a seaweed (all vegan) derived gelatin that creates delectable deserts without the animal gelatin. Whether you crave sweet, savory, decadent or healthy, these fifty top-rated dessert recipes are certain to satisfy your taste buds.

TASTY EXAMPLES



Eggless Chocolate Mousse



Vegan Lemon Cheesecake



Panna Cotta

