

A M A Z I N G

KAPPA

CARRAGEENAN

Recipes



The
King of Gelling,
Thickening, and
Stabilizing

FROM CAPE CRYSTAL'S KITCHENS



50 AMAZING
KAPPA
CARRAGEENAN
Recipes

FROM CAPE CRYSTAL'S KITCHENS

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KAPPA CARRAGEENAN



Do you know what you need to know about
KAPPA CARRAGEENAN, A Natural element found in seaweed

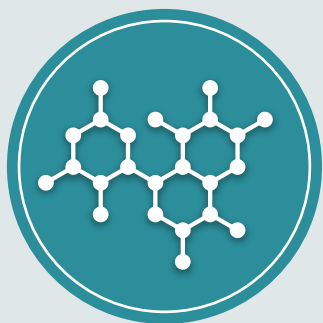


BINDING PROTEINS

Carrageenan has an excellent ability to bind the food proteins, so it is applied in dairy and meat products as a food additive.

VEGAN SUBSTITUTE

In some and beverage applications it is used in production to replace gelatin, which is derived from animal collagen.



UNIQUE STRUCTURE

Carrageenan's unique chemical structure makes it exceptionally useful as a binder, thickening agent and stabilizer, because it adds no nutritional value or flavor when used as a food additive.

SOURCING AREAS

Carrageenan is extracted from the red edible seaweeds, which can only be found in the coasts of the Philippines, Indonesia and East Africa.



HOW MUCH KAPPA CARRAGEENAN TO USE



The Amount of kappa carrageenan you use is dependent on the type of liquid you are gelling, and the firmness of the gel you are trying to create. For typical dairy gels you can use a 0.3% to 1.5% ratio.

FOR KAPPA CARRAGEENAN TO BE USED EFFECTIVELY IT MUST BE PROPERLY DISPERSED AND HYDRATED



COOL LIQUIDS

Kappa carrageenan is best dispersed in cool liquids. This will prevent hydration until the liquid is heated. An immersion blender or standing blender is the preferred tool to disperse the kappa carrageenan.



HYDRATION PROCESS

For kappa carrageenan to hydrate properly it must be brought above 70°C / 158°F. Kappa carrageenan does not hydrate well with sugar and so sugar should be added after the hydration process is completed.



KAPPA CARRAGEENAN GEL

To make a gel you combine the kappa carrageenan with the liquid you would like to gel. If the liquid does not have either calcium or potassium, then at least one of them will need to be added.



HEAT FOR MIXTURE

Heat the mixture to above 70°C / 158°F and as high as a boil, then pour the liquid into molds. It will begin to set around 35-60°C / 95-140°F, depending on the calcium and potassium content of the liquid. Let it cool to room temperature or in an ice bath, and then place the gel in the refrigerator to finish setting. It should be fully set after a few hours for most mold sizes.



GEL SHAPE

Once it has set, the gel can be turned out, shaped, and plated. The gel will maintain its form if it stays cooler than 10-20°C / 18-36°F above its setting temperature. Please be careful serving gels that are at such a high temperature they can cause severe burns; many people expect them to be cool.

FACTS ABOUT CARRAGEENAN



1930S

The were introduced on an industrial scale in the 1930s



APPROVED

Carrageenan is an approved food additive



\$640

As of 2011, global sales of carrageenan were estimated at \$640 million

SOURCES OF CARRAGEENAN



Chocolate Milk



Cottage Cheese



Cream



Ice Cream



Almond Milk



Coconut Milk



Deli Meats



Hemp Milk



Rice Milk



Soy Milk

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VEGAN MOZZARELLA CHEESE

NUTRITION INFO

Calories:	90kcal
Carbohydrates:	7g
Protein:	3g
Fat:	5g



PREPARATION TIME

15 MINUTES



COOKING TIME

5 MINUTES



SERVING

14

INGREDIENTS

- ½ cup oat milk
- ¼ cup canola oil
- 2 tbsp tapioca flour
- 1.5 tbsp Cape Crystal kappa carrageenan
- 2 tsp salt
- ½ tsp lactic acid

DIRECTIONS

- Add the oat milk, canola oil, tapioca flour, kappa carrageenan, salt, and lactic acid to the jar of a high-speed blender
- Blend for about 20 seconds on high speed until fully mixed together. The mixture will be thick.
- Get a container ready for the finished cheese and set it aside. Pour the mixture into a pot and heat on medium heat, stirring constantly. Start with a whisk, and when the cheese becomes too thick to continue whisking, use a spatula to keep stirring. Heat for about 5 - 7 minutes until the cheese is very thick and shiny.
- Quickly pour the cheese into the container. Shake remove any air bubbles and quickly smooth the top with the spatula.
- Allow the cheese to cool for 10 minutes and then cover with a lid and refrigerate for at least an hour to fully solidify. The mozzarella is then ready to serve.



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NUT-FREE CHEDDAR CHEESE

NUTRITION INFO

Calories:	94kcal
Carbohydrates:	11g
Protein:	7g
Fat:	2.6g



PREPARATION TIME

5 MINUTES



COOKING TIME

10 MINUTES



SERVING

2

INGREDIENTS

- ½ of a 16 oz block firm tofu (about 198g or 8 oz)
- 1-½ cups unsweetened unflavored non-dairy milk
- Juice of 1 medium lemon
- ½ cup nutritional yeast
- 1-½ tablespoon onion powder
- 1 tbsp garlic powder
- 1 tsp turmeric, optional
- 1 tsp sea salt, to taste
- ¾ tsp smoked paprika
- ¼ cup tapioca starch / flour
- 2 tsp Cape Crystal kappa carrageenan

DIRECTIONS

- First, add your tofu, non-dairy milk, nutritional yeast, and spices to the blender. Squeeze half of the lemon in, blend and taste. Now add more of anything you like to get the flavor you desire. Make sure this is all smooth before you go to the next step.
- Now add the tapioca starch and the kappa carrageenan. Try to blend until smooth. You'll find at this point your blender may be putting up a fight mixing it. It's thick, and getting thicker as the kappa carrageenan works its magic.
- Now, pour the mixture into a small pot or saucepan. Make sure to use a spatula to scrape out any leftover mixture in the blender.
- Heat the cheese over medium high heat, stirring constantly once it gets hot. Keep stirring until it begins to curdle or stick together in clumps. Turn the heat down to medium now--it's almost done. Keep stirring and you'll notice the texture go from clumpy to shiny, thick, and glossy. It will be stretchy, and start to pull away from the inside of the pot. Transfer the mixture to a glass or ceramic container with a lid.
- Cover and refrigerate for at least 3-4 hours and test it. To remove the set cheese from the container, run a butter knife around the inside perimeter. This cheese will last for up to one week in the fridge in an airtight container.

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VEGAN KAPPA CARRAGEENAN CHEESE

NUTRITION INFO

Calories:	131kcal
Carbohydrates:	7.3g
Protein:	3.9g
Fat:	3g



PREPARATION TIME

15 MINUTES



COOKING TIME

10 MINUTES



SERVING

4

INGREDIENTS

- ½ cup raw cashews (soaked overnight or boiled for 15 minutes)
- 2 tablespoon arrowroot powder
- 1 cup cashew milk (or water)
- 2 tbsp Cape Crystal kappa carrageenan
- 1 tablespoon lemon juice
- 1 ½ tablespoon nutritional yeast
- 3 tablespoon refined coconut oil (melted and cooled)
- ½ tbsp salt
- ¼ tbsp garlic powder
- ½ tbsp onion powder
- ⅛ tbsp turmeric

DIRECTIONS

- Blend cashews and milk (or water) in a high-speed blender until as smooth as possible. Strain through fine sieve and return back to blender, adding the rest of the ingredients.
- Blend again until smooth and transfer to a medium saucepan. Place on a medium heat and keep stirring often.
- When mixture becomes quite thick and bubbly around the edges, take off the heat and transfer into mold and place in the fridge for 3-4 hours, allowing it to firm. Enjoy!



6

SHREDDABLE VEGAN BRIE

NUTRITION INFO

Calories:	126kcal
Carbohydrates:	7g
Protein:	2g
Fat:	11g



PREPARATION TIME

10 MINUTES



COOKING TIME

90 MINUTES



SERVING

8

INGREDIENTS

- ½ cup raw cashews or ½ cup silken tofu
- 4 tbsp tapioca starch/flour
- 1 ½ tbsp Cape Crystal kappa carrageenan
- 2 tbsp nutritional yeast
- 1 ½ tsp salt
- 4 tbsp refined coconut oil
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar, or more lemon juice

DIRECTIONS

- Bring 2 cups of water to a boil. Pour the hot water over the cashews and let soak for 5 minutes, then drain the cashews and discard the soaking water. Set aside.
- Get out a clean container that can hold about 3 cups. I prefer glass, but plastic will work. Have it ready before you start because you will need to move quickly once the cheese is blended. Heat up the 1 ½ cups of water. It will need to be boiling when you add it to the blender. Again, I heat up 1 ½ cups water in kettle.
- To a high-powered blender, add the soaked and drained cashews, tapioca starch, kappa carrageenan, nutritional yeast, salt, coconut oil, lemon juice and apple cider vinegar.
- Carefully pour in the boiling hot water, and immediately put the lid on and blend. Use a towel for extra protection so the hot water does not burn you! Blend until smooth, stopping to scrape down once if needed. Immediately pour the cheese into your prepared container. It will start to harden super-fast, so do not wait.
- Move the container to the refrigerator, uncovered and let chill for 1-2 hours, until solid throughout and cooled. After a few hours, pop it out of the container, and either slice/shred right away or wrap in paper towels, then place in a large Ziplock bag or container. This will help it be drier, which makes it better.
- Use anywhere you would real mozzarella, such as on pizza, grilled cheese, cold sandwiches, pasta dishes, Mexican dishes, on top of soups or just for snacking.



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COCONUT EDAM

NUTRITION INFO

Calories:	112kcal
Carbohydrates:	6g
Protein:	1g
Fat:	9g



PREPARATION TIME

5 MINUTES



COOKING TIME

60 MINUTES



SERVING

6

INGREDIENTS

- ½ cup soft or silken tofu
- ¼ cup tapioca starch (also known as tapioca flour)
- ¼ cup refined coconut oil, melted
- 2 tbsp nutritional yeast
- 1 ½ tbsp Cape Crystal kappa carrageenan
- 1 tablespoon sauerkraut
- 1 ½ tsp salt
- ½ tbsp garlic powder
- 1 ½ cups boiling water

DIRECTIONS

- Add all of the ingredients to the blender, and blend until completely smooth and creamy. Kappa carrageenan must reach 158F to set. Because of this, it's very important that the water is at a full boil, that you add it to the blender last, and that you blend right away to ensure that nothing cools down. Quickly pour into your mold of choice, the cheese sets very fast so work quickly.
- Chill, uncovered in the fridge for about 1 hour or until the cheese sets and is firm all the way through. To remove the cheese just turn the mold over onto a clean surface and smack the bottom and sides a few times until it releases. Store the cheese in an air-tight container in the fridge up to 1 week, or it can be frozen.



8

OIL FREE VEGAN MOZZARELLA

NUTRITION INFO

Calories:	38kcal
Carbohydrates:	3.1g
Protein:	1.3g
Fat:	2.1g



PREPARATION TIME

10 MINUTES



COOKING TIME

10 MINUTES



SERVING

20

INGREDIENTS

- 1 $\frac{3}{4}$ cups water
- $\frac{3}{4}$ cup raw cashews
- 4 tbsp tapioca starch
- 2 tbsp nutritional yeast
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar
- 1 tablespoon Cape Crystal kappa carrageenan
- 1 tsp white miso
- 1 tsp salt
- $\frac{1}{2}$ tsp onion powder

DIRECTIONS

- Place all of the ingredients in a high-speed blender and blend until smooth. If you don't have a high-speed blender, soak the cashews in boiling water for at least an hour. Drain the cashews and proceed with the recipe.
- Pour the contents of the blender into a small saucepan and cook over medium heat, stirring constantly. As the mixture cooks, it will thicken and become somewhat stretchy. When the mixture comes to a boil, turn down the heat to medium low and continue cooking and stirring for about two more minutes.
- Pour the mixture into a bowl or container and refrigerate for at least three hours to allow it to fully set.

CARROT NOODLES



NUTRITION INFO

Calories:	74kcal
Carbohydrates:	11g
Protein:	7g
Fat:	2g



PREPARATION TIME

5 MINUTES



COOKING TIME

7 MINUTES



SERVING

3

INGREDIENTS

- 1 ¼ cup reserved carrot juice
- ¼ tsp locust bean gum
- ¼ tsp Cape Crystal kappa-carrageenan
- ¼ tsp iota-carrageenan
- ¼ tsp calcium lactate
- 1 t. xanthan gum

DIRECTIONS

- Blend all ingredients in high-powered blender at low speed for 30 seconds. Allow bubbles to settle. Heat in pan while gently whisking until reaches 156°F.
- Using syringe, fill 1/8-inch plastic tubing with mixture. Submerge tubes in ice water, except for tube openings, for 10 minutes. Using syringe, blow out tubes.



10 MELTY VEGAN RICOTTA

NUTRITION INFO

Calories:	58kcal
Carbohydrates:	4g
Protein:	2.1g
Fat:	6g



PREPARATION TIME

10 MINUTES



COOKING TIME

10 MINUTES



SERVING

4

INGREDIENTS

- ½ cup raw cashews
- ½ cup potatoes diced
- 1 ½ cups plant milk
- ¼ cup tapioca starch
- 1 tbsp nutritional yeast
- 1 tbsp fresh lemon juice
- ¼ tsp garlic powder
- ¼ tsp onion powder
- 1 Tbsp. Cape Crystal kappa carrageenan
- salt to taste ½ -1 tsp optional

DIRECTIONS

- Boil the cashews and potatoes in a saucepan until potatoes are fork tender, 5-10 minutes. Drain and rinse well. Pour the milk into the saucepan. Bring to a low boil.
- Place all of the ingredients, including the boiling milk, cooked potatoes and cashews into a high-speed blender and blend on high speed for 1-2 minutes, until very smooth.
- Immediately pour into a glass or plastic bowl, mold, or container; and allow to chill in the refrigerator for at least 3 hours.
- Once the mozzarella is firm, you can slice or shred and use in any recipe that calls for it, though the flavor improves with time and is best the next day.
- Store in a covered container or wrapped in plastic wrap in the refrigerator for up to 5 days.

VEGAN JELL-O



NUTRITION INFO

Calories:	122kcal
Carbohydrates:	25g
Protein:	1g
Fat:	1g



PREPARATION TIME

5 MINUTES



COOKING TIME

6 MINUTES



SERVING

4

INGREDIENTS

- 2 cups fruit juice like apple, grape, or cranberry
- 1/2 tsp Cape Crystal kappa carrageenan
- 1/3 cup sugar (optional)

DIRECTIONS

- Pour juice, sugar and kappa carrageenan into a medium-sized saucepan and stir. Turn on heat to medium and stir frequently with a whisk.
- When the mixture begins to boil, turn the heat down and let it boil slowly for 5 minutes stirring occasionally. Pour the jello mixture into individual serving glasses.
- Refrigerate for at least 1-2 hours.



12 PALEO DAIRY-FREE VEGETARIAN MOZZARELLA

NUTRITION INFO

Calories:	193kcal
Carbohydrates:	17g
Protein:	3g
Fat:	9g



PREPARATION TIME

10 MINUTES



COOKING TIME

10 MINUTES



SERVING

10

INGREDIENTS

- 3 cups raw cashews or almonds
- ½ cup tapioca flour
- 3 tbsp Cape Crystal kappa-carrageenan
- ¼ cup nutritional yeast
- 1 ½ tsp salt
- ½ cup refined coconut oil
- ¼ cup lemon juice
- 3 cups boiling hot water

DIRECTIONS

- Prepare your cheese mold in advance. Spray the mold with non-stick cooking spray. Set aside. Soak the cashews or almonds in hot water for at least 30 minutes. Drain and set aside. In a small saucepan, bring 3 cups of water to a boil. Meanwhile, in the food processor or blender add all ingredients except for the boiling water.
- Quickly pour the boiling hot water into the blender, and immediately put the lid on the blender and blend. Time is of the essence. Blend the mixture until smooth, stopping to scrape down the mixture but once if needed. Work quickly as the cheese starts to harden immediately and once it does, you cannot break the hardening or it won't harden at all.
- Immediately pour the cheese into your prepared container. It will start to harden super-fast, so do not wait. Place your cheese in the container in the refrigerator, uncovered, and let chill for at least 4 to 5 hours.

13 TUNA, TOMATO AND FRISELLA



NUTRITION INFO

Calories:	146kcal
Carbohydrates:	13g
Protein:	19g
Fat:	6g



PREPARATION TIME

10 MINUTES



COOKING TIME

20 MINUTES



SERVING

4

INGREDIENTS

Tomato Sauce

- 1 cup of tomatoes
- 1 white onion
- 1 sprig of basil, leaves picked
- Cape Crystal kappa-carrageenan
- olive oil
- salt & pepper

Tuna Tartare

- 6 oz of tuna, fresh
- chives, finely chopped
- extra virgin olive oil

DIRECTIONS

- Chop the onion finely and soften in a pan with a little oil. Roughly chop the tomatoes and add to the pan. When they have started to break down, chop the basil and add to the pan, along with salt and pepper to season. Blitz to a smooth sauce, pass through a sieve and weigh the sauce. Return to the saucepan and set over a low heat.
- Whisk in 1g of kappa-carrageenan for every 100g of sauce. The kappa-carrageenan will only react when it reaches 60°C so while the sauce doesn't have to be boiling, make sure it's not cold. The consistency should be creamy.
- Make a tuna tartare by finely dicing the tuna and seasoning with salt, oil and finely chopped chives. Divide the tartare mixture into 4 portions and shape into tomato-shaped balls. Place on a silicone baking mat and freeze
- Once your tuna 'tomatoes' have frozen, sit them on a wire rack and pour over the tomato sauce, ensuring an even coating. To serve, place a spoonful of the cherry tomatoes in the bottom of each bowl. Carefully place the tuna tomatoes on top. Garnish with edible flowers and serve.



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MOZZARELLA AQUAFABA CHEESE | AVOCADOS AND ALES

NUTRITION INFO

Calories:	154kcal
Carbohydrates:	12g
Protein:	7g
Fat:	2.1g



PREPARATION TIME

5 MINUTES



COOKING TIME

10 MINUTES



SERVING

4

INGREDIENTS

- 1/4 cup raw cashews, soaked overnight or boiled for 15 minutes
- 1 cup aquafaba, preferably chickpea
- 2 tbsp tapioca starch
- 2 tsp Cape Crystal kappa carrageenan
- 1 tsp lactic acid
- 1 tsp nutritional yeast
- 3/4 tsp salt
- 6 tbsp refined coconut oil, melted

DIRECTIONS

- Blend softened cashews and aquafaba in a high-speed blender until as smooth as possible. Strain through a fine mesh sieve to remove any large particles and return to blender. It should be very smooth after blending.
- Add tapioca starch, carrageenan, lactic acid, nutritional yeast, and salt and pulse in a blender to combine. Add coconut oil and blend again very briefly. Mixture will be smooth and a little thick.
- Heat in a medium saucepan over medium-low heat while stirring regularly. It will look like quite lumpy as the tapioca starch activates. It will eventually turn glossy and smooth, like melted cheese. When it reaches 170°F, it is done. You will see it begin to bubble around the edges and maintain its thickness.
- Pour into a mold, or scoop balls into ice water for buffalo style mozzarella. Refrigerate for a few hours to fully firm up the cheese before slicing or grating. Alternatively, if you have high-speed blender, the ingredients can all be blended together until heated thoroughly (over 170°F) and poured into a mold to set.



15 NO BAKE POPCORN CREME BRULEE

NUTRITION INFO

Calories:	183kcal
Carbohydrates:	16g
Protein:	7g
Fat:	2.1g



PREPARATION TIME

5 MINUTES



COOKING TIME

10 MINUTES



SERVING

8

INGREDIENTS

- 1-piece fresh corn
- 2 tbsp butter
- 1/2 tbsp kosher salt
- 8 cups popped popcorn
- 1/4 cup granulated sugar
- 1 tbsp vanilla extract
- 1/2 tsp Carrageenan Iota
- 1/4 tsp Cape Crystal Carrageenan Kappa
- 2 cup Milk

DIRECTIONS

- Shuck the corn and cut the kernels from the cob. Cut the cob into pieces and reserve. Melt the butter in a large saucepan over medium heat and cook until lightly browned. Add the corn kernels and the salt, sauté 1 minute. Add the popcorn and cook 1 minute more. Pour the milk over the popcorn in the sauce pan and stir in the sugar and vanilla. Bring the mixture to simmer, then remove from the heat and cover. Set aside to steep, 1 hour or longer. Strain the mixture through a fine mesh sieve, pressing the popcorn to extract as much liquid as possible.
- Measure 500 grams (2 cups, plus 2 tbsp) of the popcorn infused milk. Whisk in the iota and kappa carrageenan and return the milk to a saucepan. Place the pan over medium heat. Stir constantly as you bring the milk to a boil. As soon as the milk comes to transfer to ramekins or molds and place in the refrigerator until set.
- Sprinkle the top of the set mixture with sugar and brûlée or pour caramel into thin sheets on a nonstick baking sheet and sprinkle with chopped peanuts. Let the caramel cool and break into pieces for topping.

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GOJI BERRY JELLY



NUTRITION INFO

Calories:	15kcal
Carbohydrates:	2.1g
Protein:	0.3g
Fat:	0.1g



PREPARATION TIME

5 MINUTES



COOKING TIME

2 MINUTES



SERVING

6

INGREDIENTS

- ½ cup goji berry purée
- 2 tbsp Water
- 1 tbsp Sugar
- ¼ tsp Cape Crystal kappa carrageenan
- ¼ tsp Agar-agar

DIRECTIONS

- Put the goji berry purée, water, sugar, kappa Carrageenan and agar-agar in a pot and simmer for 2 minutes.
- Next pour it into a form to a depth of 1 cm and allow to cool. When it has cooled, refrigerate the jelly.
- When ready to serve, punch out little cylinders (1 cm diameter).

YOGHURT JELLY

NUTRITION INFO

Calories:	17kcal
Carbohydrates:	2.7g
Protein:	0.4g
Fat:	0.6g



PREPARATION TIME

5 MINUTES



COOKING TIME

2 MINUTES



SERVING

4

INGREDIENTS

- ½ cup Water
- 1 tbsp Sugar
- 1 tbsp yoghurt
- ¼ tsp Cape Crystal kappa carrageenan
- ¼ tsp Agar-agar

DIRECTIONS

- Put the water in a pot.
- Mix together the sugar, yogurt, Kappa Carrageenan and the agar-agar and stir into the water. Simmer everything for 2 minutes then pours into a form to a depth of 1 cm and allow to cool.
- When it has cooled, refrigerate the yoghurt jelly. When ready to serve, punch out little cylinders (1 cm diameter).



18

VEGAN PEPPER JACK CHEESE

NUTRITION INFO

Calories:	132kcal
Carbohydrates:	9g
Protein:	0.1g
Fat:	9g



PREPARATION TIME

15 MINUTES



COOKING TIME

2 MINUTES



SERVING

8

INGREDIENTS

- 1 cup cashews
- ½ cup water
- ¼ cup nutritional yeast flakes
- 2 tbsp fresh lemon juice
- 1 tablespoon tahini paste
- 1 tbsp onion powder
- 1 tbsp garlic powder
- 1 tbsp salt
- ¼ cup red bell pepper, finely diced
- 1 medium jalapeno pepper, deseeded and chopped
- ¼ tbsp red pepper flakes, (optional)
- 2 tbsp Cape Crystal kappa carrageenan
- ½ cup water

DIRECTIONS

- Lightly spray a plastic mold, set aside, rinse cashews and place into a blender with water, add nutritional yeast flakes, tahini, lemon juice, onion powder, garlic, and salt. Process until smooth and creamy. Set aside.
- Add water to a medium saucepan, add agar powder and stir using a whisk. Heat mixture over medium-high heat while stirring vigorously with a whisk for about a minute until bubbly. Pour cooked agar in the cashew sauce that is in the blender, process until thick and creamy.
- Pour the sauce in the prepared mold, stir in bell pepper, jalapeno and pepper flakes. Flatten the top using the back of a spoon. Chill until set, about 1 hour.

SUNBURST TROUT ROE & CHERVIL



NUTRITION INFO

Calories:	164kcal
Carbohydrates:	23g
Protein:	4g
Fat:	6g



PREPARATION TIME

5 MINUTES



COOKING TIME

10 MINUTES



SERVING

4

INGREDIENTS

- 2 tbsp butter
- 2 medium white onions, sliced julienne
- Salt & Black pepper
- ½ tbsp Cape Crystal kappa carrageenan
- ½ tbsp iota carrageenan
- 2 slices sourdough bread
- 1 Honey Crisp apple
- 1½ tsp apple vinegar
- 1 ounce Sunburst Farms trout roe
- 1 bunch chervil, for garnish

DIRECTIONS

- Place large saucepot on low heat and gently melt butter. Add onions, lightly season with salt, and stir to combine. Simmer onions on low heat, constantly stirring until extremely soft. Cool onions to room temperature, about 20 minutes. Place onions in high-speed blender with kappa and iota carrageenan. Blend mixture until smooth and creamy.
- Line a ¼ sheet pan with a smooth single layer of plastic wrap. Add onion purée to a saucepot and simmer for 3 minutes. Pour onion purée on to the sheet pan, filling completely, forming a ¼-inch-thick layer. Place sheet pan in refrigerator and cool.
- Char bread slices on both sides over a charcoal grill. Cool and break into 1-inch pieces. Place into a blender and season with salt and black pepper. Blend bread on high until it is a breadcrumb consistency. Remove from blender and reserve. Peel apple, remove core, and cut it. In a mixing bowl, mix apple and vinegar. Season with salt and combine.
- For plating, remove onion pudding from refrigerator. With a 3-inch ring mold, cut four rounds of pudding. Using a small spatula, gently place each round in the center of the plate. Garnish pudding with 1 tablespoon of apple and 1½ tsp trout roe, keeping garnish on top of the onion pudding and spreading evenly. Finish plate with 1 tablespoon burnt breadcrumbs and 5 chervil stems.

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KAPPA CARRAGEENAN MOZZARELLA

NUTRITION INFO

Calories:	62kcal
Carbohydrates:	11g
Protein:	6g
Fat:	2.6g



PREPARATION TIME

20 MINUTES



COOKING TIME

5 MINUTES



SERVING

2

INGREDIENTS

- 1/4 cup raw cashews, soaked overnight or boiled for 15 minutes
- 1 cup aquafaba (preferably chickpea or another light-colored bean)
- 2 tbsp tapioca starch
- 2 tsp Cape Crystal kappa carrageenan
- 1 tsp lactic acid
- 1 tsp nutritional yeast
- 3/4 tsp salt
- 6 tbsp refined coconut oil

DIRECTIONS

- Blend cashews and aquafaba in blender till completely smooth sieve if any pieces remain.
- Add the rest of the ingredients apart from coconut oil and blend. Add the coconut oil and blend very briefly.
- Heat in saucepan over low/med heat stirring constantly. Once it starts to bubble a little at side (77 degrees Celsius) it should be thick and smooth. Add to a mold and refrigerate for a couple of hours.

CASHEW MOZZARELLA

NUTRITION INFO

Calories:	24kcal
Carbohydrates:	11g
Protein:	3g
Fat:	7g



PREPARATION TIME

5 MINUTES



COOKING TIME

10 MINUTES



SERVING

6

INGREDIENTS

- ¼ cup raw cashews
- ¼ cup refined coconut oil
- ¼ cup arrowroot powder
- 1 tablespoon nutritional yeast flakes
- 1 ½ tbsp Cape Crystal kappa carrageenan
- 1 tablespoon fresh lemon juice
- 1 tbsp sea salt
- 1 ½ cups boiling water

DIRECTIONS

- Select a heat safe dish for your cheese mold. It needs to be large enough to hold 3 cups of cheese. Soak cashews in water for about an hour. Rinse well under hot water. Add to the blender. Add all remaining ingredients except for the boiling water.
- Bring water to a boil and while still boiling, carefully add to the blender. Blend immediately, being careful that the lid is held on tightly so as not to burn yourself.
- Blend until completely smooth, stopping once or twice to scrape down the sides.
- Immediately transfer to mold because it will start to solidify quickly as it begins to cool.
- Place in the refrigerator to cool, uncovered. After 2-3 hours, remove from the dish and wrap in paper towels, then plastic wrap. Flavor improves over a day or two.



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PEANUT BUTTER CUSTARD

NUTRITION INFO

Calories:	137kcal
Carbohydrates:	23g
Protein:	6g
Fat:	16g



PREPARATION TIME

15 MINUTES



COOKING TIME

60 MINUTES



SERVING

4

INGREDIENTS

- 2 cups milk
- 1 tsp vanilla extract
- 5 tbsp white sugar
- 1 tsp salt
- 1 tsp iota carrageenan, 0.5%
- ½ tsp Cape Crystal kappa carrageenan, 0.2%
- 1 cup smooth peanut butter

DIRECTIONS

- Combine the milk, vanilla, sugar and salt with a blender. Add the iota carrageenan and kappa carrageenan and blend well to combine. Pour the milk mixture into a pot and bring to a boil. Whisk in the peanut butter until combined and smooth.
- Pour into molds and let cool on the counter. Once they are cool, place them into the refrigerator to finish setting.
- Once fully set the gel can be turned out and cut into any shapes desired. The gel should last for several days covered in the refrigerator.

CORN AND BACON BITE



NUTRITION INFO

Calories:	94kcal
Carbohydrates:	22g
Protein:	6g
Fat:	12g



PREPARATION TIME

15 MINUTES



COOKING TIME

120 MINUTES



SERVING

20

INGREDIENTS

For the Corn Custard

- 4 ears corn, shucked
- Salt and pepper
- Oil
- ¾ cup heavy cream
- ¾ cup milk
- 2 tbsp butter
- ½ tsp iota carrageenan, 0.8%
- ¼ tsp Cape Crystal kappa carrageenan, 0.2%

For the Bacon Squares

- 10 oz bacon slices, preferably 5mm (0.2") thick

DIRECTIONS

- **For the Corn Custard:** Lightly oil the corn then salt and pepper them. Grill or roast them until softened and some kernels are beginning to brown. Remove from the heat and cut the kernels off, reserving 20 to 30 for garnish. Add the cooked corn and the remaining ingredients to a blender and process until pureed and smooth. Taste for seasoning and add salt and pepper as needed. Pour the corn puree into a pot, bring to a boil and whisk for 30 to 60 seconds. Remove from the heat and pour into a container to a depth of 19mm (0.75"). Let cool at room temperature then place in the refrigerator to finish setting.
- **For the Bacon Squares:** Cut the bacon into 25mm to 38mm (1" to 1.5") squares. Lay the bacon on a roasting pan in a single layer. Place in an oven and turn it on to 400°F (200°C). Let cook until crispy, 10 to 20 minutes, turning once if needed. Remove from the pan and drain.
- Place a bacon square on a plate. Top it with a square of the corn custard. Top with a basil leaf and a corn kernel or two then serve.

CARAMEL CUSTARD



NUTRITION INFO

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



PREPARATION TIME

10 MINUTES



COOKING TIME

9 MINUTES



SERVING

6

INGREDIENTS

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

DIRECTIONS

- For the caramelizing: Heat the sugar in a small non-stick pan on a slow flame for 8 to 10 minutes, while tilting the pan occasionally after the sugar has melted.
- Divide the caramel mixture evenly among 6 ramekins with a diameter of 75 mm (3") each. Allow to cool fully before serving.
- For the custard: Combine ½ cup of milk, corn flour, kappa carrageenan and vanilla essence in a bowl mix well and keep aside. Heat the remaining 2 cups of milk and sugar in a deep non-stick pan and boil on a medium flame for 5 to 6 minutes.
- Stir in the milk-corn flour mixture and simmer for 2 to 3 minutes over medium heat, stirring constantly. Using a strainer, strain the mixture. Pour the mixture into the caramelized moulds and keep aside. Take an aluminum tray, fill it with 1 cup of water, place the 6 moulds on it at equal intervals.
- Cover with an aluminum foil and bake in a pre-heated oven at 200°C (400°F) for 30 minutes. Cool completely. Put it in the fridge for 2 hours, loosen the sides of the moulds using a knife, demould and serve.

ALMOND JELLY WITH MIX FRUIT COCKTAIL



NUTRITION INFO

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



PREPARATION TIME

15 MINUTES



COOKING TIME

15 MINUTES



SERVING

4

INGREDIENTS

- 1 ½ tsp. Cape Crystal kappa carrageenan
- 1 cup milk
- 2 tbsp sugar
- 1 tbsp cream
- 1/4 tsp vanilla essence
- a few drops almond essence
- 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

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

FIG AND CARDAMOM DELIGHT



NUTRITION INFO

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



PREPARATION TIME

5 MINUTES



COOKING TIME

5 MINUTES



SERVING

6

INGREDIENTS

- 1 tsp. Cape Crystal kappa carrageenan
- 8 dried figs
- 1 tbsp sugar
- ¼ tsp cardamom powder
- 2 ½ cups low-fat milk
- For The Garnish
- a few saffron strands

DIRECTIONS

- 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.
- Combine ¾ cup water and kappa carrageenan in a deep non-stick pan, mix well and cook on a slow flame for 2 minutes or till the kappa carrageenan melts, while stirring occasionally.
- Add the milk, sugar, cardamom powder and fig purée, mix well and cook on a slow for 2 to 3 minutes or till the sugar dissolves completely. Keep aside to cool slightly. Pour into 6 individual glasses/ bowls and refrigerate for at 3 to 4 hours or till it sets.
- Serve chilled garnished with a few saffron strands.

CARRAGEENAN PANNA COTTA



NUTRITION INFO

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



PREPARATION TIME

5 MINUTES



COOKING TIME

5 MINUTES



SERVING

5

INGREDIENTS

- ½ tsp Cape Crystal kappa carrageenan
- 1 cup milk
- 1 cup whipped cream
- ¼ cup powdered sugar
- 3 to 4 drops vanilla essence

DIRECTIONS

- Combine all the ingredients in a pan and heat till it simmers. Do not boil it. Wash 4 to 5 serving bowls with water and let them remain wet.
- 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.
- Serve chilled.



MANGO GINGER MOUSSE



NUTRITION INFO

Calories:	74kcal
Carbohydrates:	18g
Protein:	2g
Fat:	11g



PREPARATION TIME

20 MINUTES



COOKING TIME

15 MINUTES



SERVING

4

INGREDIENTS

- 1 tsp Cape Crystal kappa carrageenan
- ¼ cup milk
- 2 tsp sugar
- 1/2 cup water
- 1 cup mango pulp
- 1 tsp ginger juice

DIRECTIONS

- Dissolve the kappa carrageenan 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.
- Add the lemon juice, ginger juice and whipped cream and freeze for 10 minutes.
- Serve chilled garnished with mango and whipped cream.



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COCONUT-CHOCO KAPPA CARRAGEENAN

NUTRITION INFO

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



PREPARATION TIME

5 MINUTES



COOKING TIME

10 MINUTES



SERVING

16

INGREDIENTS

Choco Layer

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

Coconut Milk Layer

- 2 tsp. Cape Crystal kappa carrageenan
- ¼ tsp salt
- ¼ cup sugar
- 1 cup water

DIRECTIONS

- Prepare an 8" x 8" x 2" square pan. Wipe or brush pan with a little vegetable oil.
- **Choco Layer:** Bring water in a medium pot to boil. Add kappa carrageenan and sugar. Reduce heat to low. Stir constantly until kappa carrageenan and sugar dissolve, about 3 minutes.
- Stir in Choco powder until well incorporated into kappa carrageenan mixture. Turn off stove. Pour kappa carrageenan mixture into prepared pan and allow it to set for about 45 minutes at room temperature.
- **Coconut Milk Layer:** Combine water and coconut milk in a small saucepan. Bring to a boil. Add kappa carrageenan, salt, and sugar. Reduce heat to low. Stir constantly until kappa carrageenan, salt, and sugar dissolve, about 3 minutes. Turn off stove.
- 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.



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LEMON CHEESECAKE

NUTRITION INFO

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



PREPARATION TIME

15 MINUTES



COOKING TIME

0 MINUTES



SERVING

6

INGREDIENTS

- 3 tsp. Cape Crystal kappa carrageenan
- 1 lb. firm tofu
- ½ cup caster sugar
- 1 tbsp vegan cream cheese
- 1 lb. coconut cream
- 1 cup digestive biscuits, crushed
- 5 tbsp butter or vegan margarine, melted
- 1 lemon, zest and juice
- 1 cup limoncello liqueur
- few drops vanilla essence
- fresh berries or berry sauce, to serve

DIRECTIONS

- 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 kappa carrageenan. Stir until the kappa carrageenan has dissolved.
- Combine the tofu, cream cheese, coconut cream, a dab of vanilla essence, sugar, and lemon zest in a food processor. Blend until completely smooth.
- 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.

MULLED WINE TRIFLE



NUTRITION INFO

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



PREPARATION TIME

5 MINUTES



COOKING TIME

30 MINUTES



SERVING

12

INGREDIENTS

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

DIRECTIONS

- In a small saucepan, heat the orange and lemon zest, ginger, cinnamon stick, cloves, vanilla vodka, cardamom pods, port, red wine, and sugar until warm but not boiling. In a large mixing basin, strain the mixture through a sieve onto the softened kappa carrageenan and stir thoroughly.
- 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.
- To serve, spoon the remaining whipped cream onto the trifle and scatter over the flaked almonds.

RASPBERRIES JELLY



NUTRITION INFO

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



PREPARATION TIME

5 MINUTES



COOKING TIME

10 MINUTES



SERVING

6

INGREDIENTS

- 2 tsp. Cape Crystal kappa carrageenan
- 1 cup hot water
- 2 tbsp caster sugar
- 2 cups pink sparkling wine or pink champagne
- 1 cup raspberries, or any fruit you like

DIRECTIONS

- 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.
- Pour the sparkling wine into a large heatproof bowl and add the kappa carrageenan. Take out the leaves, squeeze off as much liquid as possible, and add them to the sugar syrup.
- Whisk furiously until the kappa carrageenan 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.
- 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.

EGGLESS CHOCOLATE PUDDING



NUTRITION INFO

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



PREPARATION TIME

2 MINUTES



COOKING TIME

14 MINUTES



SERVING

8

INGREDIENTS

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

DIRECTIONS

- Firstly, Combine the cocoa powder with 2 tbsp of low-fat milk in a bowl, mix well and keep aside. Combine the kappa carrageenan 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 till the kappa carrageenan dissolves completely, while stirring occasionally.
- Set aside the mixture after straining it through a cotton towel. Boil the remaining milk in the same pan, then whisk in the kappa carrageenan mixture, sugar substitute, and cocoa-milk mixture. Cook over a low heat for 5 to 7 minutes, stirring constantly.
- 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 till the pudding sets completely.
- Serve the eggless chocolate pudding chilled.

FRUITY MOUSSE



NUTRITION INFO

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



PREPARATION TIME

5 MINUTES



COOKING TIME

7 MINUTES



SERVING

2

INGREDIENTS

- 1 tbsp. Cape Crystal kappa carrageenan
- 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

- In a deep pan, combine the kappa carrageenan, ½ 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.
- 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 till it is in ice-cube vessel to avoid any lump formation.
- 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 till the mousse sets.
- Garnish with fruit chunks and serve chilled.

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LAYERED JELLY



NUTRITION INFO

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



PREPARATION TIME

2 MINUTES



COOKING TIME

10 MINUTES



SERVING

4

INGREDIENTS

For the fruit layer

- 2 tsp. Cape Crystal kappa carrageenan
- 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

- **For the fruit layer:** Dissolve the kappa carrageenan in the orange juice till it softens. Add the sugar and simmer till all the kappa carrageenan 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 till it sets.
- **For the coconut layer:** Make a paste of the corn flour and 2 tbsp of the coconut milk. Heat the remaining coconut milk with the sugar.
- **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.
- **To unmould,** place the tray in lukewarm water for a few seconds and unmould 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.
- **Serve chilled surrounded by fruit.**

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ASPARAGUS DELIGHT



NUTRITION INFO

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



PREPARATION TIME

10 MINUTES



COOKING TIME

25 MINUTES



SERVING

8

INGREDIENTS

For Asparagus Mousse

- 1 tsp. Cape Crystal kappa carrageenan
- 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

- Cook the asparagus in a pot of water until they are soft. Set aside for now. Boil the vegetable stock with the kappa carrageenan until it has melted.
- Strain the liquid and add salt. Mix gently. Arrange the asparagus stem in a 3" x 5" baking dish and pour the kappa carrageenan 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
- For serving, Place one asparagus mousse piece on a cream cracker, top with some sour cream. Serve immediately along with Tabasco or Capsico Sauce.

LEMON SOUFFLE



NUTRITION INFO

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



PREPARATION TIME

30 MINUTES



COOKING TIME

15 MINUTES



SERVING

4

INGREDIENTS

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

DIRECTIONS

- In a pan, combine the kappa carrageenan and water and heat until the kappa carrageenan 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.
- While the kappa carrageenan cools and begins to set, whip the chilled cream (has to be chilled otherwise it will curdle), till it holds its shape.
- Fold in the cream into the cooled kappa carrageenan mixture, transfer on to a serving bowl, chill and serve.

CHOCOLATE KAPPA CARRAGEENAN CAKE



NUTRITION INFO

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



PREPARATION TIME

30 MINUTES



COOKING TIME

30 MINUTES



SERVING

6

INGREDIENTS

- 1 tbsp. Cape Crystal kappa carrageenan
- 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

- 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.
- Mix corn flour and kappa carrageenan with 1/4 cup of cold milk and add to the boiling milk. Cook on slow fire, stirring. Continuously till the mixture boils and thickens. Remove from fire and cool at room temperature.
- Whip the items for one minute in a mixer. Add the chilled cream and stir for 5 seconds to thoroughly combine everything. Fill an aluminum container halfway with the contents and cover with aluminum foil.
- Place the container in a freezer till 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.
- Place the ice-cream container, properly covered, back in the freezer till it is set just before serving, decorate the ice cream with the crumbled cake.

PINEAPPLE PUDDING



NUTRITION INFO

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



PREPARATION TIME

30 MINUTES



COOKING TIME

50 MINUTES



SERVING

4

INGREDIENTS

- 2 tsp. Cape Crysatl kappa carrageenan
- 2 eggs
- 3 tbsp butter
- 1 ½ liters milk
- ½ cup water
- 3 large sized pineapples, chopped
- 2 cups powdered sugar
- 1 tbsp vanilla essence
- 1 tbsp chopped cashew nuts
- 2 tbsp chopped cherries

DIRECTIONS

- 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. Soak the kappa carrageenan in boiling water and dissolve it.
- In the milk egg mixture add 1 cup sugar, vanilla essence, and dissolved kappa carrageenan. In a pan heat butter, add chopped pineapple and stir it until it is cooked well then add remaining sugar and remove from heat.
- Take the pudding mould grease it. now spread the cooked pineapple evenly. Pour the milk egg mixture over it carefully so that the pineapple layer comes below it.
- Keep in refrigerator until pudding is done. Take outside and decorate it with cashew nuts and cherries.



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HAWAIIAN FRUIT BOWL

NUTRITION INFO

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



PREPARATION TIME

15 MINUTES



COOKING TIME

10 MINUTES



SERVING

6

INGREDIENTS

For Vanilla Cream

- 2 tsp. Cape Crystal kappa carrageenan
- 1 tbsp sugar
- 1 cup low fat milk
- 1/8 tsp vanilla essence

For The Hawaiian Fruit Bowl

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

DIRECTIONS

- For the vanilla cream: Add 1 tablespoon of water to the kappa carrageenan and cook on a slow flame until it dissolves completely. Strain. Boil the milk, add the kappa carrageenan and sugar, 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.
- 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 fruits in a bowl. Serve chilled topped with beaten vanilla cream.

COFFEE JELLY

NUTRITION INFO

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



PREPARATION TIME

5 MINUTES



COOKING TIME

5 MINUTES



SERVING

2

INGREDIENTS

- 2 cups of coffee
- 2 tsp. Cape Crystal kappa carrageenan
- 2 tbsp sugar

DIRECTIONS

- In a small saucepan, combine 2 cups of coffee and kappa carrageenan. To dissolve the kappa carrageenan, whisk everything together. Over medium-high heat, bring to a boil.
- 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.
- Pour the coffee jelly into dessert cups. Let the jelly set in the fridge for 2 hours, and then it is ready to eat.
- Top with whipped cream or a spoonful of sweetened condensed milk. Eat chilled and enjoy.

SPARKLING KAPPA CARRAGEENAN STRAWBERRY



NUTRITION INFO

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



PREPARATION TIME

5 MINUTES



COOKING TIME

5 MINUTES



SERVING

4

INGREDIENTS

- 1 tsp. Cape Crystal kappa carrageenan
- 1.5 cups sparkling apple cider
- 1 pint strawberry, cut into quarters

DIRECTIONS

- Place the quartered strawberries in the bottom layer of a shallow, heat-resistant pan/container (9x9 inch dish is best). Start with a pint of strawberries and adjust the amount as required. Set aside.
- In a small saucepan, dissolve kappa carrageenan into water. Bring to a boil over medium-high heat. Turn heat to medium-low and cook for another 2 minutes. This is so that the agar can fully cook. Kappa carrageenan needs to be cooked in order for the dessert to set as a jelly.
- Turn off the heat. Pour in 1.5 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).
- When the kappa carrageenan is set, remove it from the pan/container and cut into 1-inch cubes. Serve the sparkling strawberry chilled and in small bowls with an extra splash of apple cider on top! Eat and enjoy



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|----------------------------------|--------------------------------|
| Agar Agar (E406) | Guar Gum (E412) |
| Alginate - Potassium (E402) | Gum Arabic (Acacia Gum) (E414) |
| Alginate - Propylene Glycol | Konjac Gum (E425) |
| Alginate - Sodium (E401) | Locust Bean Gum (Carob) (E410) |
| Calcium Chloride (E509) | Maltodextrin (E1400) |
| Calcium Lactate (E327) | Pectin (E440) |
| Calcium Lactate Gluconate (E578) | Potassium Bicarbonate (E501) |
| Carrageenan - Iota (E407) | Sodium Citrate (E331) |
| Carrageenan - Kappa (E407) | Sunflower Lecithin (E322) |
| Carrageenan - Lambda (E407) | Tara Gum (E417) |
| Carboxymethyl Cellulose (E466) | Xanthan Gum (E415) |
| Citric Acid (E330) | |

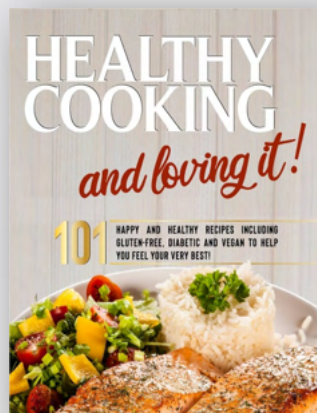
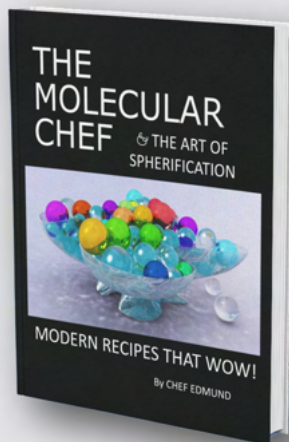
- Fruit Powders (Various)
- Strawberry Fruit Powder
- Raspberry Fruit Powder
- Pear Fruit Powder
- Pineapple Fruit Powder
- Banana Fruit Powder
- Lemon Fruit Powder



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