



Sea Health  
products



**EASTER WITH A TWIST**  
*Fresh Kelp*  
*Recipes*



With thanks to  
Sea Growth &  
Jamie Oliver and  
Tasty



## Orange Kelp, Rocket and Chocolate Salad

Because we really should start with something seasonal and healthy!



**Prep TIME:** 10 Minutes

**SIDE SERVES:** 4

### The Ingredients

- 3 heaped teaspoons of Golden Kelp granules of choice
- 20g blanched almonds or walnuts
- 1 vanilla pod
- 100g of crumbly ricotta cheese
- 1 teaspoon golden caster or brown sugar
- Brown sugar is less processed.
- 8 oranges, or blood oranges for less sweet / more tang (or tangerines!)
- a few sprigs of fresh mint
- 50 g quality dark chocolate, (70% or higher to reduce the sugar content).
- 200g of rocket leaves or a rocket, lettuce and baby spinach mix.

### Method

1. Toast the almonds or walnuts in a dry pan on a medium heat until golden, tossing occasionally, then tip into a bowl and leave to cool.
2. Halve the vanilla pod lengthways and scrape out the seeds.
3. Pour 4 tablespoons of water into a small pan on a high heat, add the sugar and the vanilla pod and seeds, then squeeze in the juice from 4 oranges. Leave to tick away for 5 to 8 minutes, or until thickened and reduced to a syrup.
4. Meanwhile, peel and finely slice the remaining oranges and arrange nicely on a serving platter, ontop of the green leaves.
5. Roughly chop the toasted nuts and pick the mint leaves.
6. Pour the syrup over the oranges, then scatter over the nuts and mint leaves.
7. Sprinkle with Golden Kelp granules and ricotta cheese crumbs.
8. Using a sharp knife, carefully scrape over a few shavings of chocolate, then serve.





## Easter X Buns with Kelp

A lot like the cross buns you know, these X buns will save you a trip to the store, but you'll keep going back for more every meal!



**PREPARATION:** 20 Minutes

**COOKING TIME:** 30 Minutes

**SERVES:** 12

### The Ingredients

- 4-5 teaspoons of Plain or Smoked Golden Kelp Granules
- 200 ml semi-skimmed milk
- 55 g unsalted butter
- 2 x 7 g sachets of dried yeast
- 455 g strong bread flour , plus extra for dusting
- 1 teaspoon mixed spice
- 1 teaspoon cinnamon
- 1 whole nutmeg , for grating
- 55 g caster sugar
- 2 balls of stem ginger
- 1 large free-range egg
- 2 tablespoons plain flour
- 55 g sultanas or raisins
- 30 g dried cranberries
- 2 tablespoons mixed peel
- Runny honey



### Method

1. Add the milk and 50ml water to a small pan and place over a low heat for a few minutes, or until slightly warm – you should be able to dip your finger in without scalding it.
2. Add the butter to a separate pan and place over a low heat for a few minutes, or until melted, then set aside.
3. Transfer the warmed milk mixture to a medium bowl and stir in the yeast.
4. Sift the flour and kelp into a large bowl, then add 1 teaspoon of sea salt, the spices, a few good scrapings of nutmeg and the sugar. Finely chop the stem ginger and stir it into the mix.
5. Make a well in the centre and pour in the melted butter, followed by the yeast mixture. In a separate bowl, beat the egg and add it to the bowl.
6. Using a fork, mix well until you have a rough dough, then transfer to a clean flour dusted work surface and knead for around 10 minutes, or until soft and springy.
7. Return the dough to a flour-dusted bowl, cover with a damp tea towel and leave to prove in a warm place for at least an hour, or until doubled in size.
8. Return the dough to a flour-dusted bowl, cover with a damp tea towel and leave to double in size.
8. Transfer the dough to a clean flour dusted work surface. Knock the air out by bashing it with your fist, then sprinkle over the dried fruit and mixed peel and knead into the dough for 1 to 2m.
9. Preheat the oven to 190°C. Grease and line a large baking tray.
10. Divide the dough into 12 equal pieces and roll each into a ball, evenly spacing them out on the tray as you go.
11. Cover with the tea towel, leave in a warm place for a further 30 minutes, or until doubled.
12. Place the plain flour and 2 tablespoons water into a small bowl and mix to a thick paste.
13. Gently pat down the risen buns then use the batter to carefully trace a cross over the top with a piping bag or spoon.
14. Place the buns into the preheated oven for 15 to 20 minutes, or until golden brown.
15. Transfer to a wire cooling rack, brush over a little honey to glaze, then leave to cool.
16. Slice open the sticky hot cross buns, spread with a little kelp butter and serve – delicious

# Homemade Kelp Powder Chocolate

Make Easter a sweet and savoury treat with this simple and guilt free Kelp chocolate recipe.



**PREPARATION:** 10 Minutes

**COOKING TIME:** 20 Minutes

**Makes:** 12 Muffins

## The Ingredients

- 5 teaspoons of Golden Kelp Powder.
- Additional Golden Kelp Granules for toppings.
- 1/2 cup coconut oil
- 1/2 cup cocoa powder
- 2-3 tablespoons honey
- 1/2 teaspoon vanilla extract
- 1 Ice Cube Tray. You may need 2 trays, sufficient to hold all the chocolate.

## TIP

For a quicker (non vegan) recipe, use 100g to 200g block of chocolate and melt it down. Use a chocolate of choice. Dark 65% or more has strong flavour and less sugar content. Sweet milk chocolate may be preferred for A younger crowd.

## Method

1. You will need a bowl, a refrigerator, non-stick stove top pot.
2. In preparation for the stovetop, heat pot of water and place bowl over hot water pot to melt chocolate.
3. Melt the chocolate slowly, be careful no to overheat.
4. Measure in 5 heaped teaspoons of seaweed powder and seive into chocolate.
5. Stir out any lumps
6. Pour into ice trays
7. Put icetrays into the refrigerator or freezer. Freezer may reduce the flavour and cause the chocolate to have a white flourery look.
8. Once hardened, pop out of tray and remelt chocolate to drizzle accross the top of the choclate blocks.
9. Garnish with grated choclate, Furikake or Smoked Golden Kelp granules whilst the drizzled chocolate sets, for an extra special flavour variety.



# Dark Choc Kelp Ice-Cream



## The Ingredients

- 1 teaspoon plain Golden Kelp Granules (extra to season)
- 2 ½ cups whole milk
- 1 cup heavy cream
- 1 cup granulated sugar
- ¼ cup extra-dark unsweetened cocoa
- 4 ounces 60% cacao bittersweet chocolate, chopped
- 4 large egg yolks
- Coarse sea salt to season (optional)

## Method

1. Whisk together milk, cream, sugar, cocoa, and salt in a medium saucepan. Cook over medium-high, whisking constantly, until sugar and cocoa dissolve, about 3 minutes. Add Golden Kelp, and cook until the sheets are softened, another 7 to 8 minutes. Cover and remove from heat. Let stand 20 minutes. Pour milk mixture through a fine wire-mesh strainer into a bowl, discarding solids; remove and reserve 1/2 cup of mixture. Return remaining milk mixture to saucepan.

2. Place bittersweet chocolate in a large bowl. Whisk the egg yolks in a small bowl. Gradually stir 1/2 cup reserved milk mixture into egg yolks; return the saucepan to medium-high. Slowly whisk egg yolk mixture into milk mixture. Cook, stirring often, until mixture thickens slightly and coats the back of a spoon, 12 to 14 minutes. (Do not boil.) Immediately remove from heat, and pour over bittersweet chocolate; whisk well to combine. Cool to room temperature. Partially cover, and chill 3 hours.

3. Pour mixture into freezer bowl of a 1 1/2-quart electric ice-cream maker, and proceed according to manufacturer's instructions. (Instructions and times will vary.) Transfer to a freezer-safe container, and freeze until ready to serve. (Ice cream is best when eaten within 24 hours.) Garnish with coarse sea salt, if desired.

