



Sea Health
products



WARM YOUR WINTER WITH
Kelp Recipes



With thanks to
Sea Growth &
Jamie Oliver and
Tasty



Kelp and Garlic Damper Slices

Our winter entree is a toasty damper,
easier to make than cob loaf!



Prep TIME: 40 Minutes

SIDE SERVES: 3-4

The Ingredients

- Smoked Golden Kelp Granules - Use 1 heaped teaspoon for each batch.
- Flour - Self-raising flour is easiest for damper. If substituting with all purpose flour, throw in 2 teaspoons of baking powder or baking soda to make it fluffy!
- Butter - Use salted cooking butter. or Nuttelex
- Garlic, x4 fresh cloves or 1 tablespoon of crushed jar garlic
- Milk & Water - We love the crumb finish when using milk, but if you prefer a nut based or oat mylk, that will work, or use all water instead.
- Rosemary to add to the savoury flavour and aroma - optional.

Method

1. Preheat oven to 200°C (or prepare the camp fire to hot coals!)
2. Line a baking tray with non-stick baking paper. If using a camp oven, base the pot by rubbing butter all around the insides (and along the edges), with a paper towel, to create a non stick surface.
3. Combine the kelp, flour (and bi-carb) and salt in a large bowl. Use your fingertips to rub the butter into the flour until the mixture resembles fine breadcrumbs.
4. Add the mylk (milk) or water to the flour mixture and use a round-bladed knife in a cutting motion to mix until the mixture just comes together, adding 1-2 tablespoons extra water if the mixture is a little dry. Use your hands to bring the mixture together.
5. Turn the dough onto a lightly floured surface and knead gently for 1-2 minutes or until smooth. Shape into an 18cm disc and place on tray. Use a sharp knife that has been dipped in flour to mark 6-8 wedges on top. Dust the damper with a little extra flour and bake in preheated oven for 30 minutes or until the damper is cooked through and sounds hollow when tapped on the base.
6. Transfer to a wire rack for 5 minutes to cool slightly. Serve warm or at room temperature.
7. Sprinkle rosemary and kelp to garnish.





Exotic Potato and Cauliflower Dish with Furikake Golden Kelp Eastern curry inspired!



The Ingredients

- 100g raw cashews
- 1 large cauliflower
- 600g small chat potatoes,
- 3 tsp ground turmeric
- 2 tsp garam masala
- 1 bunch coriander
- 6 long green chillies, finely chopped
- 1 onion, 1 celery stalk, finely chopped
- Top with Furikake Golden Kelp Granule Mix, toasted cashews, toasted coconut flakes, lime wedges, cooked brown rice, mango chutney and Greek yoghurt, to serve.
- 1 tsp ground cumin
- 3/4 cup (180ml) coconut oil
- 25g grated ginger
- 6 garlic cloves, crushed

PREPARATION: 10 Minutes

COOKING TIME: 20 Minutes

Makes: 12 Muffins



Method

1. Place cashews and 1 cup (250ml) boiling water in a heatproof bowl soak for 1h.
2. Place cauliflower in a microwave-safe bowl, add 2 tbs water and cover. Microwave on high for 10min or until tender. Cool slightly, then cut in half.
3. Preheat the oven to 200°C. Meanwhile, place potato in a saucepan and cover with cold salted water. Bring to the boil, then reduce to a simmer and cook for 10 minutes or until just tender. Drain.
4. Transfer potato to roasting pan with cauliflower. Scatter with Furikake Golden Kelp Granule Mix, 2 tsp turmeric and cumin, and drizzle with 1/4 cup (50g) coconut oil. Season. Roast for 10 minutes.
5. Heat remaining 1/2 cup (100g) coconut oil in a saucepan over medium heat. Add onion and celery, and cook, stirring occasionally, for 5-6 minutes or until starting to turn golden. Add ginger and garlic, and cook, stirring constantly, for 3-4 minutes or until starting to caramelize. Add garam masala and remaining 1 1/2 tsp turmeric, and cook, stirring constantly, for 1 minute. Add coriander stalks, half chilli and 2 cups (250ml) water. Drain cashews, add to pan and, using a stick blender, whiz to a puree. Spoon cashew mixture into pan around cauliflower and potato. Season with salt flakes. Roast for 40 minutes or until golden and caramelised.
6. Scatter over coriander leaves, toasted cashews, nigella seeds, coconut and remaining additional Furikake. Serve with lime wedges, rice, mango chutney and yoghurt.



Kelp, Leek and Zucchini, Gratin (crusty bake)

Bursting with taste, vegetables and comfort, this recipe is one to go to regularly throughout the colder months.



PREPARATION: 10 Minutes

COOKING TIME: 60 Minutes

SERVES: 4

The Ingredients

- 2 teaspoons of Golden Kelp Plain or Smoked Granules
- 1/2 teaspoon of Golden Kelp Powder
- 100ml extra virgin olive oil
- 1/2 cup (35g) fresh breadcrumbs
- 2 leeks, thinly sliced
- 1 garlic clove, finely chopped
- 4 zucchini, 3 coarsely grated, 1 sliced into rounds
- 200g feta, crumbled
- 1 tsp dried chilli flakes
- Finely grated zest of 1 lemon
- 1 egg
- 100g coarsely grated mozzarella
- CAPERBERRY CRUSH TOPPING
- Juice of 1 lemon
- 2 tbs extra virgin olive oil
- 170g marinated artichokes, chopped
- 100g caperberries, finely chopped
- 2 tbs flat-leaf parsley, finely chopped

Method

1. Heat 2 tbs oil in a non-stick frypan over medium heat. Add breadcrumbs and 1 tsp of Golden Kelp Granules together to cook, stirring, for 5 minutes or until golden. Set aside.
2. Preheat oven to 180°C.
3. Heat 2 tbs olive oil in a frypan over low heat and add leek, a second small teaspoon of Golden Kelp Granules and (optional) 1/2 tsp salt flakes. Cook, stirring occasionally, for 20 minutes or until leek is very soft. Add garlic and stir for 2 minutes until softened.
4. Place grated zucchini in a clean Chux cloth and squeeze out excess liquid over sink. Combine in a bowl with cooled leek mixture, feta, chilli, lemon zest and egg. Lightly season. Spread into a 22cm baking dish.
5. Toss sliced zucchini with remaining 1 tbs oil, mixed well with Golden Kelp powder and layer on top. Scatter with mozzarella. Bake for 30-35 minutes or until golden.
6. For the caperberry crush, combine all ingredients in a bowl. Spoon over gratin and scatter with breadcrumbs to serve.





Classic Rice Pudding
A delicious traditional dessert
that won't hurt the calorie count.



The Ingredients

- 1L (4 cups) milk or coconut mylk
- 165g (3/4 cup) medium-grain white rice
- 1 tsp of Plain Golden Kelp Granules
- 110g (1/2 cup) raw sugar or sweetener
- 1 tsp vanilla essence
- Ground nutmeg, cinnamon and kelp granules to serve.

Method

1. Place the milk, rice and salt in a large saucepan over medium-high heat and bring to the boil. Reduce heat to medium-low and cook, stirring, for 20 minutes or until the rice is tender.
2. Add the Golden Kelp, sugar and vanilla.
3. Increase heat to medium-high and bring to the boil. Boil for a further 2 minutes or until the rice is soft and the mixture thickens.
4. Serve with toppings and a sprinkle of Golden Kelp.

