



SAVOUR™

COOKING SCHOOL

Chocolate and Tofu mousse

- Recipe
 - 350g packet of soft silken tofu
 - 350g whittakers dark chocolate
 - 35g brown sugar
- Method
 - Melt chocolate over a double boiler
 - Blend tofu and sugar until smooth
 - Slowly drizzle in chocolate
 - Pipe into mold

Seaweed Hokey pokey

- Recipe
 - 350g golden syrup
 - 800g white sugar
 - 4tsps baking soda
 - 1 tsp xanthan gum optional
 - 3 Tbls of seaweed powder
- Method
 - Get everything ready before starting. Have a tray next to your pot. Have you baking soda, xanthan and seaweed in a bowl together
 - Melt sugar and golden syrup in largest pot available
 - Cook until deep golden brown 145*c or until it sets hard in a glass of cold water.
 - Add the powders mixture and whisk hard for 5 secs then take out utensils and allow the sugar to grow, turn off heat, let sugar rise to the top of the pot.
 - Pour into tray and put in freezer to chill
 - After half an hour or so, check if it's cool. Knock the underside of the tin to crack
 - Store in airtight container

Seaweed coconut cream

- Recipe
 - Tin of coconut cream refrigerated
 - 50g icing sugar
 - 2 TBL of chopped pickled seaweed
 - Pinch of salt
- Method
 - Whip the coconut cream adding the icing sugar in half at a time.
 - Fold through the seaweed and salt.



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Ocean crudite

Ocean hummus

- Recipe
 - 250g Chickpeas drained and rinsed
 - 60g tahini
 - 20g Lemon juice
 - Salt
 - 3Tbl chopped pickled seaweed to taste
- Method
 - Cook the chickpeas with kombu, if not using tinned
 - Strain and save some of the liquid for adjusting
 - Blend the chickpeas with the tahini until smooth
 - Blend the seaweed in and adjust with lemon juice and salt

Preserved lemon vinaigrette

- Recipe
 - 3 wedges of preserved lemons
 - 100g olive oil
 - 30g Lemon juice
 - Pinch of xanthan (optional)
- Method
 - Blend lemons whole with lemon juice, and xanthan
 - Stream in olive oil slowly
 - Check seasoning.

Serve with ice plant, charred broccoli and lemon vinaigrette



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Neptune & Chips

- Recipe
 - 100g Flour
 - 100g Sodawater cold
 - 80g potato starch
 - 2tbla Seaweed powder
 - Salt
 - 100g neptunes necklace
 - Deep fryer oil
 - 50g flour for dusting
- Method
 - Heat deep fryer to 180*c
 - Whisk soda water into flour, potato starch and season. Be sure not to overmix.
 - Dip necklaces into flour and dust off. Dip into tempura batter and drop into preheated deep fryer oil
 - Drain on paper towel, season with salt

Chips

- Recipe
 - 500g Agria
 - 2 Bay leave
 - Salt to taste
 - 1 tsp Peppercorns
 - 1 x 10cm Kombu
- Method
 - Cut potatoes into wedges
 - Bring water to boil with remaining seasoning, salt added as to taste like the ocean.
 - Blanch potatoes in seasoned water until just cooked/tender
 - Drain off water
 - Fry in preheated deep fryer oil @180*c until golden



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Broth

- Recipe
 - 1 large carrot sliced into rounds
 - 1 large onion sliced
 - 2 sticks celery diced
 - 3 cloves garlic whole crushed
 - 1x 5cm ginger slices
 - 2 x 10cm kombu
 - 4 dried shiitake
 - 2000g of water
 - 60g soy
 - 10g sesame oil
- Method
 - Bring water to boil
 - Add all ingredients except soy & sesame steep for an hour on low heat
 - Strain & adjust seasoning with soy & sesame oil

Noodles

- Recipe
 - 400g Flour
 - 200g Water
 - 10g salt
- Method
 - Pour hot water over flour and salt.
 - Mix until a dough forms about 5 mins
 - Knead for another 5 minutes. The dough will be tough and stiff.
 - Allow to rest covered in the fridge for 30 mins
 - Knead for another 5 minutes
 - Rest for another 10 minutes
 - Work the dough into a rectangle and cut into 5cm strips
 - Brush the dough with a neutral oil. Rest covered for 1 hour up to 3 days.
 - Remove from the fridge to warm slightly. Roll each piece to double width.
 - Press a chopstick lightly in the center to leave a small valley.
 - Pull the noodles from either end smacking them against a bench. allow to stretch with each pull until over arms length.
 - Pull apart in the middle where the valley was
 - Fill the largest pot with water and bring to a boil.
 - Boil noodles for about 2 minutes
- Note: can replace with rice flour noodles