



Snacks to start

Roasted sunflower seed & dulse butter & crackers

- Recipe
 - 500g sunflower seeds
 - 400g water
 - 1 tsp salt
 - 2 tsp smoked dulse powder
- Method
 - Roast the sunflower seeds in an oven at 180°C until heavily toasted about 10-15min.
 - Place in a container with the water and dulse.
 - Allow to absorb for about an hour or overnight so the seeds can soften
 - Blend in a high power blender
 - Season with salt

Crackers

- Recipe
 - 100g flax seeds
 - 50g ground flax seed
 - 150g water
 - 10g pumpkin seed
 - 10g sunflower seeds
 - 10g sesame seeds
 - Pinch salt
 - 1 tsp furikake (or seaweed powder)
- Method
 - Mix the flax seed, ground flax and the water together.
 - Allow to hydrate for 30 min or so.
 - Mix in the rest of the seeds and salt
 - Spread thin, about ½ a cm, on baking paper, sprinkle seaweed or furikake over the top
 - Bake at 180 for 10 min then check in 2 min intervals until dry
 - Then once dry enough to remove from baking paper, turn the cracker upside down
 - Bake the underside until almost dry, another 5 min or so.
 - Allow to cool on the tray before breaking into smaller pieces.



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COOKING SCHOOL

Pickled seaweed

- Recipe
 - 400g sugar
 - 400g water
 - 500ml apple cider vinegar
 - Seaweed of choice, cleaned and cut to fit into jars
- Method
 - Bring the sugar, water and apple cider vinegar to the boil in a large pot
 - Pack prepared seaweed into a sterilized jar. Cover with the boiling pickling liquid.
 - Be careful as the jar will get very hot quickly
 - Quickly seal jar and turn upside down
 - Allow to infuse for at least a week or 2 before using.
- Note:
 - Make sure your jars are well sterilized and all equipment is clean.
 - The longer you leave it the more flavours will meld together.
 - You can mix up your flavours here by changing the vinegar or sugar type you use.
 - You can add different spices to your liking too. Make it your own. Have fun.

Edamame, kombu salad

- Recipe
 - 3 Tbl pickled kombu (as above)
 - 1 cup edamame
 - 1 spring onion
 - Handful coriander
 - 20ml seaweed pickling liquid
 - 10ml sesame oil
 - Salt to taste
- Method
 - Mix the pickling liquid and sesame oil for the salad dressing, season with salt.
 - Slice the spring onion, kombu and coriander and add to a large bowl.
 - Blanch edamame in boiling salted water for 4 min. Drain.
 - Mix the spring onion, kombu, coriander and edamame together and coat with the dressing.



SAVOUR™

COOKING SCHOOL

Roast pumpkin

- Recipe
 - 1 pumpkin
 - 4 Tbls of togorashi spice
 - Oil to coat
- Method
 - Peel and deseed the pumpkin and cut into medium sized pieces.
 - Lay on a lined tray and coat in oil and spice mix
 - Bake in oven at 180*c for 15 min until soft
 - Turn oven up to 200*c for 5 min to get a light colour around the edges of the pumpkin

Pumpkin seed topping

- Recipe
 - 100g pumpkin seeds
 - 20ml cooking oil
 - 1 sheet nori
- Method
 - In a shallow pan fry the pumpkin seeds in the oil until golden. Remove from heat
 - Toast your nori sheets lightly over a flame or in the oven, until crisp .
 - Crush nori sheets into the pumpkin seeds and season with salt



SAVOUR™

COOKING SCHOOL

Kumara, coconut pie

- Recipe
 - 800g baked kumara puree
 - 400ml can of coconut cream
 - 300g brown sugar
 - 60g potato starch
- Method
 - Blend everything together
 - Bake in a lined ovenproof dish at 180*c for 40 minutes
 - Cover and bake for a further 20 minutes.
 - Chill completely before cutting.

Lime and wakame gel

- Recipe
 - 250g water
 - Juice and zest of 2 limes
 - Pinch of dried wakame or 1 Tbl of fresh
 - 50g sugar
 - 1 tsp vanilla paste
 - 2 Tbl of agar agar gel
- Method
 - Bring the sugar and water to the boil in a medium pot.
 - Add the lime juice, zest, wakame, vanilla and agar agar
 - Whisk vigorously to incorporate the agar.
 - Bring mixture to the boil and boil for 5 mins, whisk often.
 - Test to see if mixture sets by placing on a cold plate.
 - If not setting, add another tsp of agar and bring to the boil again for a further 5 min.
 - Pour into a container and chill until mix sets as a block of jelly.
 - Break up jelly and blend into a soft gel
- Note:
 - How acidic the limes are will determine how much agar you need as high acidity will prevent the setting, add some more water and agar if you are struggling.

Toasted coconut and neptunes necklace

- Recipe
 - 100g Coconut shredded
 - 20g neptunes necklace
 - 1 tbl icing sugar

- Method
 - Toast the coconut until golden brown, set aside.
 - The neptunes necklace can be deep fried if each individual ball has a hole poked in and you are careful of them exploding. Otherwise roast in the oven until crunchy.
 - Toss necklaces in icing sugar then mix with the coconut.