



SAVOUR™

COOKING SCHOOL

Snacks to start

Sea lettuce and avo toast

- Recipe
 - 1 avocado
 - 20g Lemon juice
 - Salt
 - 3 Tbls washed chopped sea lettuce to taste and extra for garnish
 - Baguette or bread sliced
- Method
 - Mash the avocado with the lemon juice, salt and pepper.
 - Add the sea lettuce to taste
 - Place on sliced toasted baguettes and garnish with sea lettuce

Miso nori butter

- Recipe
 - 200g soft butter (unsalted is best as the miso will be salty)
 - 20g Miso
 - 1 sheet Nori
- Method
 - Toast nori over a flame, to make it dry and crisp. Blend or crush up until fine.
 - Whip butter with miso and nori flakes.
 - Check seasoning to your liking.

Serve with sliced radishes seasoned with some powdered nori



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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.

Smashed cucumber salad

- Recipe
 - 1 large cucumber
 - 1 Tbl White sesame
 - 1 Tbl Black sesame
 - 1 Chili fresh sliced(seeds removed if you don't want it to be too spicy)
 - 1 Tbl Mirin
 - 2 Tbls Rice wine vinegar
 - 1 Tbl g light soy
 - 1 Tbl seaweed pickling liquid
 - 1Tbl sesame oil
 - 2 Tbl of chopped pickled seaweed (wrack or a brown seaweed)
 - 1 Tbl of furikake
- Method
 - Smash cucumber with the flat side of a knife until it cracks open
 - Slice into four lengths and cut diagonally into small pieces
 - Season well with salt and set aside for 10 min. The salt will draw the water out
 - In the meantime, toast the sesame seed light in a pan. Set aside
 - Mix the mirin, vinegar, pickling liquid, soy, and sesame oil to make your dressing.
 - Drain the liquid off your cucumbers
 - Mix the chili, seaweed, sesame seeds and dressing together.
 - Garnish with furikake.



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Corn. Chowder

- Recipe
 - 4 Corn cobs
 - 2l water
 - 1 Onion, diced fine
 - 1 Capsicum diced fine
 - 1 tbls dried Wakame fronds or 20cm fresh blade
 - 2 Potatoes, peeled, cut into small cubes
 - 200g Cream
 - 20ml Olive oil
 - 1 stick Celery, diced fine
 - ¼ cup neptunes necklace cut into individual bulbs
 - Chives to garnish

- Method
 - Remove corn from the cobs.
 - Place cobs in a large pot and cover with 2l of water and season with salt
 - Bring to a simmer for 20 min.
 - Strain the corn stock and set aside.
 - Bring the potatoes and half the corn to the boil, in salted water, boil for 5 min, .
 - If using dried wakame, add to the potatoes after cooking.
 - Once wakame is hydrated Strain through a colander. Set potato, corn and wakame aside.
 - In a new large pot sweat the onion and celery with the oil on a low heat until translucent.
 - Blend the other half of the corn with the corn stock until smooth, add to the pot.
 - Stir frequently so sugars from corn don't burn.
 - Add the cream and adjust the seasoning of the chowder.
 - Blend until smooth.
 - To serve, mix the corn, potatoes, wakame, neptunes necklace and capsicum in a bowl.
 - Season with salt and pepper.
 - Place in serving bowls and cover with soup and garnish with chives



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Coconut Panna Cotta

- Recipe
 - 400ml of coconut cream
 - 3TbIs castor sugar
 - 1tsp vanilla paste
 - 1/2tsp Agar agar
- Method
 - Bring coconut cream and sugar to the boil in a medium pot
 - Whisk in vanilla paste and agar agar well to incorporate
 - Cook for 5 mins to fully activate the agar
 - Pour into desired ramekins or molds and chill in fridge overnight

Seaweed caramel

- Recipe
 - 150g glucose syrup
 - 300g white sugar
 - 300g cream
 - 100g butter
 - 1 Tbls of seaweed flakes (atlantic dulse)
- Method
 - Melt the sugar and glucose together in a medium pot until it reaches a golden amber colour.
 - Pour in half the cream, be cautious as it will bubble and spit. Whisk in to incorporate then add the remaining cream, it will bubble again.
 - Finish with the cold butter and seaweed, mix until fully combined.
 - Allow to cool before use. It will thicken as it cools. If preparing ahead of time, you might want to reheat is so it is a nice pouring consistency

Roasted plums

- Recipe
 - 4 plums cut in half and pits removed
 - Pinch of salt
 - 100g Castor sugar
 - 1 star anise
 - 1 Cinnamon stick
 - Seaweed pods ie bladder kelp bulbs
- Method
 - Coat the plums in the sugar in a roasting tray.
 - Add the cinnamon, star anise and salt.
 - Roast at 180 for 10 min until the liquid drops from the plums
 - Remove from the oven and add seaweed pods and mix through then allow to cool.