



S A V O U R TM

COOKING SCHOOL

Snacks to start

Olive & sea grape tapenade

- Recipe
 - 500g pitted green olives
 - 100g sea grapes
 - 2 shallots
 - 2 Garlic cloves
 - 100ml olive oil
- Method
 - Blend half the olives with the olive oil and garlic cloves until a fine puree
 - Finely dice the remaining olives, and shallots
 - Chop the sea grapes into smaller pieces
 - Mix everything together and top with a little olive oil and some larger sea grapes

Tomato Karengo salsa

- Recipe
 - 500g tomatoes
 - Small handful of karengo or sea lettuce
 - Small handful of coriander
 - 1 red onion
 - ½ a jalapeno (or whole depending on your heat preference)
 - Juice of 1 lemon
- Method
 - Finely dice the red onion and jalapeno
 - Chop the tomato and season with salt
 - Thinly slice the karengo and coriander
 - Season with the lemon juice, salt and pepper



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Fried Zucchini

- Recipe
 - 1 cup white rice flour
 - ½ cup tapioca starch
 - 3 Tbsp potato starch
 - Soda water
 - Zucchini's
 - Togarashi spice
- Method
 - Slice your zucchini into stick sized pieces and salt (this will help draw out the moisture and make the batter stick)
 - Leave for 30 mins then drain the liquid off the zucchini and pat dry with a paper towel.
 - Mix the flours and starches together
 - Add some soda water in the centre and work it into a thin batter that will coat the zucchini
 - Fry at 180@c until the batter is crisp
 - Drain onto a paper towel and season with salt and togarashi spice

Dulse aioli

- Recipe
 - 2 egg yolks
 - 1 tsp dijon mustard
 - 1 tsp lemon juice
 - 250ml neutral oil
 - Splash of water if necessary
 - Pinch paprika powder
 - Pinch dulse flakes (or other dried seaweed powder)
- Recipe
 - Whip the egg yolks, mustard and lemon juice together until slightly frothy.
 - Slowly stream in the oil, whisking hard until it emulsifies
 - If it is too thick thin out with some water (if its too thin whisk in more oil)
 - Add the paprika powder, and seaweed flakes
 - Season with salt and you might adjust with some extra lemon juice



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Kombu Broth

- Recipe
 - 2L Cooking liquid from the Kelp chocolate cake (or 2L water)
 - 2 Onion
 - 2 carrots
 - 4 sticks celery
 - 1 bulb garlic
 - 1 x 10cm ginger
 - 2x 20cm pieces of kombu (fresh) -Use less if dried
 - 3-5 TBL Soy sauce
 - 1Tbl Chiang king Vinegar
 - 1Tbl mirin
 - To Serve:
 - 250g Shiitake
 - 100g oyster mushroom or enocchi
 - 80g of soba noodles
 - 1 spring onion
 - Handful of neptune's necklace chopped into little balls
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- Method
 - Roughly slice the onion, carrot, and celery. ginger
 - Sweat off vegetables lightly in a large pot
 - Crush the bulb of garlic and add to the pot.
 - Add the stems of the shiitake to the pot
 - Top the pot up with your liquid and add your kombu.
 - Allow to simmer for 1-2 hours,
 - Once the flavours start to develop, use the soy sauce, mirin and Chiang king Vinegar to adjust the seasoning.
 - Strain once happy with the flavour.
 - In a new pot of boiling water, cook the soba for 6 min, drain and put in serving bowl
 - Pan fry the shiitake and add to the serving bowl.
 - Add the sliced oyster mushrooms, spring onions, neptunes necklace and top with your broth.



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Succulent Salsa

- Recipe
 - 50g Dill
 - 50g Marjoram
 - 50g Ice plant (horokaka)
 - 50g Chives
 - 60g Capers
 - 150g Olive oil
 - 30ml white wine vinegar

- Method
 - Finely slice all the herbs (leave the ice plant a little bigger)
 - Chop the capers
 - Mix the herbs, capers, oil and vinegar together and adjust seasoning

Wakame Creme Fraiche

- Recipe
 - 1 tsp dried wakame
 - 250g creme fraiche
- Method
 - Toast the wakame lightly to drive off any extra moisture
 - Blend in a spice grinder or mortar and pestle
 - Sieve into a bowl so it is a nice fine powder
 - Mix in the creme fraiche and adjust seasoning
- To Serve
 - Serve with blanched asparagus, foraged sea samphire, toasted walnuts and succulent salsa



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Kelp Puree

- Recipe
 - Large handful fresh wakame or kelp about 200g
 - 2 Tbl Sugar
 - 2 Tbl Lemon juice
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- Method
 - Boil the seaweed in lots of water for 30 mins to 1 hour
 - Drain (save the liquid for the kombu broth dish)
 - Blend the seaweed with a few tablespoons of the cooking liquid
 - Once fine and smooth (this may take some scraping down the edges of your blender)
 - Blend in the sugar and lemon juice to taste

Chocolate kelp cake

- Recipe
 - ¾ cup cream
 - ½ cup milk
 - 200g dark chocolate
 - 20g butter
 - 2 eggs
 - 3 Tbls kelp puree
- Method
 - Crush the dark chocolate and melt over a double boiler
 - Mix the cream milk and butter in with the chocolate
 - Whip the eggs until frothy
 - Pour in the chocolate mixture and lastly add the kelp mix
 - Add a sprinkle of salt to season
 - Pour into a cake tin that has been buttered and sugared (or line with baking paper)
 - Bake in a preheated oven at 180*c for 30 mins
 - A light jiggle in the centre is good, remove from heat and allow to cook for a few hours before slicing to serve.

Dulse syrup

- Recipe
 - 100g water
 - 200g sugar
 - 1 tbl smoked dulse flakes (or dried seaweed of choice)
 - Squeeze of lemon juice
- Method
 - Melt the sugar and water over a medium heat
 - Add the dulse flakes, and lemon juice, cook slightly
 - Remove from heat, once cool use to coat strawberries