

WHERE EAST MEETS WEST AND MODERN MEETS TRADITION

A selection of delicious recipes using Hana Tsunomata®





WHAT IS HANA TSUNOMATA®?



HANA TSUNOMATA® IS A LINE OF PREMIUM QUALITY, CULTIVATED SEA VEGETABLES THAT OFFERS A UNIQUE, CONTEMPORARY FEATURE TO EVERY DISH.

This multi-colored trio of sea vegetables is available in pink, yellow and green. Originally developed by Acadian Seaplants for the discerning Japanese culinary market, the noble beauty of Hana Tsunomata® is now available in North America.

The majority of sea vegetables consumed today are wild harvested, a method that can limit supplies and quality control. Supplied by the pristine waters of the North Atlantic Ocean, the land-based cultivation of Hana Tsunomata® offers a product that is highly consistent and exceptional in quality.

Scallop Tartar with Hana Tsunomata®, Red and Yellow Pepper, and Cucumber Gelées. Seared Scallops with Hana Tsunomata® Dust

SCALLOP TARTAR: TO SERVE 4

- 8 Scallops – 20/30 ct
 - 1 Shallot – Very Finely Diced
 - 1/2 Lemon - Juiced
 - 1 Green Onion – Finely Sliced
 - 2 Tablespoons Capers – Lightly Chopped
 - 1/4 Bunch Chives – Very Finely Sliced
 - Salt & Freshly Ground White Pepper To Taste
 - 4 Drops Tabasco® Sauce
 - 5 g Hana Tsunomata®
- Marinate the diced shallots with the lemon juice for 10 minutes.
 - Soak the Hana Tsunomata® in cold water for 20 seconds then drain thoroughly. Reserve 1/4 for garnish. Chop lightly remaining 3/4 and reserve.
 - Cut the scallops into small dice and add to the marinated shallot, mix thoroughly and let marinate for 10 more minutes. Add the capers, green onion, chives, seasoning and Tabasco®, mix thoroughly.
 - Add the lightly chopped Hana Tsunomata®, mix thoroughly, check the seasoning, and serve.

RED AND YELLOW PEPPER:

- Cut a red and yellow pepper in half and remove the seeds.
- With a cookie cutter, cut the peppers into circular discs, approximately 1 inch in diameter.
- Slice the underside of the pepper discs to even them out.
- Blanch in boiling, lightly salted water for 5 seconds then cool down in iced-water, drain and reserve.

CUCUMBER AND HANA TSUNOMATA® GELÉES (DARK GREEN AND LIGHT GREEN): TO SERVE 4

- 2 English Cucumbers
- Pinch Sea Salt
- 5 g Hana Tsunomata®
- Pinch Freshly Ground White Pepper

- Peel one cucumber and leave the other one unpeeled.
- Using a juicer, juice the 2 cucumbers separately starting with the peeled cucumber, reserve the juice. Juice the cucumber with the peel on and reserve this juice separately (one juice should be dark green and the other light green in color).
- In 2 small pots add the cucumber juices with half the Hana Tsunomata®, plus a pinch of salt and pepper.
- Bring to a gentle simmer, shut off the heat and let stand for 2 minutes and strain through a fine chinois. While straining, press gently on the Hana Tsunomata® to achieve maximum yield while avoiding to disturb the Hana Tsunomata® excessively which could cause impurities to form in the cucumber gelée.
- Pour each liquid in a small container, and place in the refrigerator to cool.
- Once cooled, the gelées should be solid enough to then cut into small cubes and reserve.

To Assemble the Plate: Take a red pepper disc and place some of the scallop tartar onto it then place a yellow pepper disc on top and repeat the procedure. You can stack 3 to 4 discs for each tower. Place the tower in the middle of the plate, add the remaining Hana Tsunomata® on top. Place the Cucumber Gelées around the Scallop Tartar, alternating between the dark and light green gelées.

SEARED SCALLOPS WITH HANA TSUNOMATA® DUST: TO SERVE 4

- 6 Scallops – 20/30 ct
- 5 g Hana Tsunomata®

Grind the Hana Tsunomata® in a coffee grinder until fine, then roll the scallops in the Hana Tsunomata® dust on the rounded edge of the scallop. Skewer the scallops through the middle, then sear in a preheated sauté pan while turning the scallops as it sears along the outside. Let rest for 10 seconds then slice in half and serve. This can be served as an accompaniment to the Scallop Tartar. For presentation, grind the 3 colors (green, pink and yellow) of Hana Tsunomata® separately and add to the plate for decorative and visual effect. Note: The dehydrated Hana Tsunomata® is also pleasing to the palate.



Halibut Sashimi with Hana Tsunomata® Gelée

HANA TSUNOMATA® GELÉE: TO SERVE 4

- 15 g Hana Tsunomata®
 - Pinch Sea Salt
 - 1 L or 4 Cups Water
 - Pinch Freshly Ground White Pepper
- Using a small pot, bring to a gentle simmer the water with 10 g of Hana Tsunomata® and the pinch of salt and pepper. Shut off the heat and let stand for 2 minutes.
- During the 2 minute wait, soak the remaining 5 g of Hana Tsunomata® in cold water for 20 seconds, then drain and reserve.
- After the 2 minutes, strain the Hana Tsunomata® and water mixture through a fine chinois. While straining, press gently on the Hana Tsunomata® to achieve maximum yield while avoiding to disturb the Hana Tsunomata® excessively which could cause impurities to form in the gelée.
- Pour the strained hot liquid onto 4 separate plates and then delicately place some of the reserved Hana Tsunomata® onto each plate, in a decorative and pleasing manner while submerging it into the liquid.
- Place the plates in the refrigerator making sure they are level so the liquid will form evenly on the plates. Note: As the liquid cools it will form into a gelée.

HALIBUT SASHIMI:

- 60 g Halibut
- Plate dressing suggestions: microgreens, sliced radish, cherry tomato wedges, and edible fresh flower pedals.
- Trim the halibut and slice very thinly, you can either serve as is or marinate lightly if desired. Place delicately the thinly sliced halibut on top of the plates with the Hana Tsunomata® gelée. Serve with a few microgreens, sliced radish, cherry tomato wedges and edible fresh flower petals.





Asian Slaw with Hana Tsunomata[®], and Fresh Plum Sauce

FRESH PLUM SAUCE: TO SERVE 4

- 1 Tablespoon Olive Oil
- 2 Plums – Pitted & Quartered
- 1/2 Onion – Peeled & Sliced
- 2 Inch Piece Ginger – Peeled & Sliced
- 2 Cloves Garlic – Peeled & Minced
- 1 Stalk Lemongrass
- 4 Kaffir Lime Leaves
- Pinch Freshly Ground White Pepper
- 1/2 Teaspoon Szechuan Peppercorns
- 1 Tablespoon Brown Sugar
- 1/4 Cup White Wine
- 1/4 Cup Rice Vinegar
- 1 Tablespoon Soy Sauce
- 1/4 Teaspoon Sambal Oelek (Chili Pepper Purée)

- In a preheated small pot, add the olive oil, plums, onion, half the ginger and cook on medium heat until translucent without coloration. Towards the end, add the garlic and kaffir lime leaves.
- Cook for another minute, then add sugar, pepper, Szechuan peppercorns, white wine, rice vinegar, soy sauce and sambal oelek. Bring to a simmer, cover and cook at low heat until plums are tender.
- Towards the end, add the lemongrass (peel outer leaves and discard, then slice thinly) and remaining ginger. Cook for 1 minute then purée in bar blender until smooth, check seasoning and consistency, then strain through fine strainer.
- Cool down, pour into a squeeze bottle and reserve.

ASIAN SLAW: TO SERVE 4

- 1/2 Red Onion – Thinly Sliced
- 1/8 Purple Cabbage – Thinly Sliced
- 1/2 Cup Rice Vinegar
- 1/2 Cup Daikon Radish – Julienne
- 1/2 Cup Lo Bok Radish – Julienne
- 1 Cup Cucumber – Peeled & Julienne
- 1 Cup Carrot – Julienne
- 1 Cup Taro Root – Peeled, Julienne & Fried
- ¼ Lotus Root – Peeled, Thinly Sliced & Fried
- 1½ Cup Microgreens
- 2 oz Mung Bean Noodles
- 2 oz Rice Noodles - Fried at 400° F
- 4 Tablespoons Toasted Cashews - Crushed
- 1 Tablespoon Toasted Sesame Seeds
- 3 Tablespoons Celery Leaves - Sliced
- 2 Green Onions – Thinly Sliced
- 1/4 Bunch Chives – Sliced in ½ inch
- 10 g Hana Tsunomata[®]
- 10 Leaves Mint – Thinly Sliced
- 10 Leaves Basil – Thinly Sliced

- Marinate the sliced red onion and purple cabbage separately with rice vinegar. Let marinate overnight.
- Soak the mung bean noodles in hot water, until they become translucent, then drain and chop very lightly.
- Soak the Hana Tsunomata[®] in cold water for 20 seconds, drain, and reserve.

To Assemble the Asian Slaw:

- Start by placing a small amount of daikon radish in the center of the plate, then keep layering ingredients in the middle on top of the daikon radish as follows; half the Hana Tsunomata[®], carrot, drained marinated purple cabbage, mung bean noodles, microgreens, fried rice noodles, lo bok radish, marinated red onion, green onion and fried taro root.
- Sprinkle on top and around the plate the following: toasted cashews, sesame seeds, celery leaves, chives, and Hana Tsunomata[®].
- As the final step drizzle the plum sauce liberally over the salad and onto the plate. Sprinkle the remaining Hana Tsunomata[®] onto the plate and serve.



Beet and Goat Cheese Salad with Hana Tsunomata[®], Beet Reduction Vinegar and Mustard & Truffle Oil Vinaigrette

HERB OIL:

- 1/2 Bunch Green Onion
 - 1/4 Bunch Dill
 - 1/4 Bunch Basil
 - 1/4 Bunch Parsley
 - 1 Handful Spinach
- 1/4 Cup Extra Virgin Olive Oil
 - 1/4 Cup Canola Oil
 - Pinch Sea Salt
 - Pinch Freshly Ground White Pepper
- Blanch the items from the 1st column above in salted boiling water for 30 seconds, then shock in iced-water, drain thoroughly.
 - Chop coarsely the blanched herbs, place in bar blender with the oils and a pinch of salt and pepper. Purée until a solid green color. Place in container and reserve in the fridge for 1 to 2 days.
 - Strain through fine chinois, place in a small squeeze bottle and reserve in the refrigerator.

ROASTED BEETS: TO SERVE 4

- 4 Red Beets
 - 2 Tablespoons Extra Virgin Olive Oil
 - 1/2 Teaspoon Coarse Sea Salt
 - 1/2 Teaspoon Fresh Ground Pepper
- Wash the beets, dry lightly.
 - Take a small sheet pan, and lay a large piece of foil on it. Add the washed beets, drizzle with olive oil and season with salt and pepper.
 - Fold the foil tightly and bake in the oven for 1 hour at 375° F. Remove from the oven and open the foil package (be careful hot steam will pour out). Turn the beets over and fold the foil and return to the oven for another hour.
 - When fully cooked, let cool a bit then peel (use gloves if you do not want to stain your hands).
 - Once peeled, slice the beets a quarter of an inch thick and reserve.

BEEET REDUCTION VINEGAR:

- 2 Cups Beets - Juiced
 - 1/2 Cup Balsamic Vinegar
 - 2 Tablespoons Sugar
 - Pinch Salt
- In a small pot add fresh beet juice, balsamic vinegar, sugar and the pinch of salt.
 - Reduce by half, skim the impurities as they rise to the top as it reduces.
 - The desired consistency should be thick and once cooled, should still be liquid so it can be drizzled.
 - Place in a small squirt bottle and keep in the refrigerator.

MUSTARD AND TRUFFLE OIL VINAIGRETTE:

- 1 Teaspoon Dijon Mustard
 - 1 Teaspoon Whole Grain Mustard
 - Salt and Pepper To Taste
 - Half Lemon – Juiced
 - 1 Teaspoon Sherry Vinegar
 - 1/4 Cup Extra Virgin Olive Oil
 - 1/4 Cup Canola Oil
 - 1 Teaspoon Truffle Oil
 - 3 Drops Tabasco[®] Sauce
- Combine all ingredients together, check seasoning, and reserve.

GOAT CHEESE WITH FRESH HERBS AND HANA TSUNOMATA®: TO SERVE 4

- 300 g Goat Cheese
- 50 g Cream Cheese
- 1 Shallot – Very Finely Chopped
- 1/4 Lemon – Juiced
- 10 g Hana Tsunomata®
- 1/2 Bunch Green Onion – Thinly Sliced
- 1/2 Bunch Chives – Thinly Sliced
- 1/4 Bunch Parsley – Finely Chopped
- 1/4 Bunch Rosemary – Finely Chopped
- 1/4 Bunch Sage – Finely Chopped
- 1/4 Bunch Thyme – Finely Chopped
- Pinch Freshly Ground White Pepper
- 4 Drops Tabasco® Sauce

- Mix together the shallot with the lemon juice and let marinate for 15 minutes.
- Mix together the goat cheese, cream cheese, marinated shallots, Tabasco® sauce and a pinch of freshly ground pepper.
- Soak the Hana Tsunomata® for 10 seconds in cold water, drain and chop coarsely 3/4 of the Hana Tsunomata® and reserve the rest as is.
- Fold in delicately the lightly chopped Hana Tsunomata®, herbs and green onion, avoiding imparting a greenish tinge to the goat cheese mixture.
- Form a log out of the goat cheese mixture approximately 2 inches in diameter and roll with plastic wrap. Refrigerate until quite cold, then slice into cylinder slices a quarter of an inch thick and reserve.

To Assemble the Beet and Goat Cheese Stack:

- Brush lightly the sliced beets with the mustard vinaigrette, and season lightly with salt and freshly ground pepper.
- Place 1 slice of beet and add a slice of the goat cheese mixture on top, add another slice of beet, followed by another slice of goat cheese and top off with a slice of beet.
- Place a small amount of Hana Tsunomata® on top of the beet as a decorative and edible garnish.

To Assemble the Plate:

- Place the beet stack in the middle of each plate, and add a small amount of the Beet Vinegar and Mustard & Truffle Oil Vinaigrette around the outer perimeter of each plate and serve.





Asian Noodle Salad with Hana Tsunomata® Roasted Pork Tenderloin and Sautéed Shrimp

ASIAN NOODLE SALAD: TO SERVE 4

- 5 oz Rice Noodle
- Half Red Onion – Cut in Half & Thinly Sliced
- 1/2 Cup Jicama – Peeled & Julienne
- 1/4 Red Pepper – Julienne
- 1/4 Cup Yellow Pepper – Julienne
- 1/2 Chili Pepper – Seeded and Minced
- 2 Limes - Zests w/ Microplane & Juiced
- Half Mango – Peeled & Julienne
- 1/2 Cup Daikon Radish – Peeled & Julienne
- 1/2 Cup Green Lo Bok Radish – Peeled & Julienne
- 1/2 Cup Cucumber – Peeled & Julienne
- 3 Tablespoons Fish Sauce
- 2 Teaspoons Sesame Seed Oil
- 1/2 Tablespoon Brown Sugar
- 3 Tablespoons Rice Vinegar
- 1 Teaspoon Garlic – Grated / or Minced
- Half Bunch Half Green Onion – Thinly Sliced
- 1/4 Bunch Basil – Thinly Sliced
- 1/4 Bunch Mint – Thinly Sliced
- 10 g Hana Tsunomata®

- Mix together the red onion, jicama, red and yellow pepper, chili pepper, lime juice and lime zests and let marinate for 20 minutes.
- Blanch the rice noodles by bringing them to a boil and cooking until al dente. Drain, cool down, and reserve.
- Soak the Hana Tsunomata® for 20 seconds in cold water then drain and reserve.
- Add to the marinating vegetables the mango, daikon, green lo bok radish, fish sauce, brown sugar, and sesame seed oil, mix thoroughly.
- Just prior to serving, toss in the rice noodles, cucumber, green onion, Hana Tsunomata®, basil and mint, mix together, check seasoning, and serve.

MARINADE FOR PORK TENDERLOIN: TO SERVE 4 TO 6

- 2 Pork Tenderloins - Trimmed
- 1 L Water
- 1/4 Cup Soy Sauce
- 1/8 Cup Brown Sugar
- 1 Teaspoon Sesame Seed Oil
- 1/8 Cup Rice Vinegar
- 1 Teaspoon Sriracha

- Mix together all ingredients except for the pork tenderloins, using a whisk, then place the pork tenderloins into the brine/marinade. Place in the refrigerator and let marinate for 20 minutes. Drain, pat dry and reserve.

PORK TENDERLOIN SPICE BLEND: YIELD: 55G

- 1 Tablespoon Salt
 - 1 Tablespoon Black Peppercorns - Whole
 - 1 Teaspoon Smoked Paprika - Ground
 - 1 Teaspoon Chipotle - Ground
 - 1 Tablespoon Star Anise - Whole
 - 1 Inch Piece Cinnamon - Whole
 - 1 Teaspoon Cloves – Whole
 - 1 Tablespoon Szechuan Peppercorns - Whole
- Grind all the whole spices (black peppercorns, star anise, cinnamon, cloves and Szechuan peppercorns) with coffee/spice grinder. Add the ground spices (salt, smoked paprika and chipotle) to the mixture, mix well and reserve.

Roasted Pork Tenderloin: Season the tenderloins lightly with the spice blend. In a pre-heated sauté pan, add a touch of olive oil, and sear the tenderloins on all sides until you get a medium dark brown color. Cook in a pre-heated oven at 500°F for 10 minutes or until 135°F internal temperature. Let the tenderloins rest for 5 minutes prior to slicing (temperature should rise to 145/150° F with carry-over heat as it rests). Slice and serve.

MISO GINGER DRESSING: SERVE 4 TO 6

- 2 Tablespoons Shiro (White) Miso
 - 2 Tablespoons Rice Vinegar
 - 2 Tablespoons Water
 - 2 Tablespoons Fresh Ginger – Finely Diced
 - 1/8 Teaspoon Sriracha or Sambal Oelek
 - 1 Tablespoon Mirin
 - 1 Teaspoon Honey
 - 1 Tablespoon Soy Sauce
 - 1/4 Teaspoon Sesame Oil
- Combine all ingredients in a liquid blender, mix thoroughly, check seasoning and consistency, reserve.

CARROT & CORIANDER OIL:

- 1 Cup Diced Carrots
 - 1/2 Cup Canola Oil
 - 1/2 Cup Olive Oil
 - 2 Tablespoons Coriander Seeds
- Blanch 1 cup diced carrots, then purée in liquid blender with 1/2 cup Canola oil and 1/2 cup olive oil and 2 tablespoons coriander seeds. Let sit overnight in the refrigerator and strain through fine chinois the following day. Place in a squeeze bottle and reserve in the refrigerator.

SHRIMP SPICE BLEND:

- 1 Tablespoon Salt
 - 1 Teaspoon Whole White Peppercorns
 - 1 Teaspoon Szechuan Peppercorns
 - 1 Tablespoon Star Anise
 - Half inch piece Whole Cinnamon
 - 1/2 Teaspoon Chili Powder
 - 1/2 Teaspoon Chipotle Powder
 - 1/2 Teaspoon Turmeric
- Using a coffee/spice grinder, grind all the whole spices (white peppercorns, Szechuan peppercorns, star anise and cinnamon) until fine, then mix together with the salt, chili, chipotle and turmeric.

Sautéed Tiger Shrimp: Season the shrimp lightly and sauté in a preheated sauté pan with a touch of olive oil. Sear well on both sides and serve.

To Assemble the Plate: Place the Asian noodle salad in the middle of each plate forming a linear pile. Place the sliced pork tenderloin on one side and the shrimp on the other side. Drizzle a small amount of Miso Ginger Dressing and Carrot & Coriander Oil as a decorative element on each plate and serve.



CHEF CLAUDE AUCOIN ON WORKING WITH HANA TSUNOMATA®

“It’s unique and different. I enjoyed playing with each color. Its versatility and mild flavor make it the perfect addition to brighten up every dish.”

A handwritten signature in black ink that reads "Claude AuCoin". The signature is stylized and cursive, with the first name "Claude" written in a large, flowing script and the last name "AuCoin" written in a more compact, cursive style.

Chef Claude AuCoin C.C.C, C.S. has worked in six different countries including a Michelin three-star restaurant. He is a member of the Culinary Arts Faculty at the Nova Scotia Community College, where he loves to share his culinary knowledge and experiences.

Hana Tsunomata® is a beautiful bouquet of pink, green and yellow sea vegetable which adds vivid color and a distinctive yet mild, fresh ocean flavour to any dish.

Whether lightly seasoned and on its own or in a variety of applications, Hana brings a special touch of celebration to every plate.

Directions:

1



2



3



Contact us for more recipe ideas and to place your order today
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