GUIDELINE RECIPE

PURESEA® - ENRICHED TARTAR SAUCE

with PureSea® Seaweed Extract

- **PureSea® is a natural seaweed ingredient that is rich in iodine**
- **Inclusion of 100mg provides "Good Source of Iodine" for health claims**
- **Ideal for nutritional enhancement, salt replacement and flavour enhancement**

Iodine is an essential nutrient which we must obtain through diet and its deficiency in our diet is a major public health concern. Current government health advice on iodine intake does not account for the growing shift toward plant-based diets. With fewer people consuming fish and dairy - key sources of iodine - the risk of deficiency is increasing, making it essential to find better dietary sources of iodine.

PureSea® is sourced from sustainable, proprietary production in the Scottish Outer Hebrides and in this recipe, we have incorporated PureSea® to target the growing trend towards healthier food. It also adds a slightly salty, umami flavour

Recipe	Control	PureSea®
Ingredients / Raw Materials	%	%
Rapeseed Oil	52.69	52.57
Drained Pickled Gherkins	13.17	13.14
Egg Yolk	8.86	8.84
Shallots	8.38	8.36
Capers	5.99	5.97
Dijon Mustard	4.31	4.30
White Wine Vinegar 6%	3.59	3.58
Fresh Parsley	1.68	1.67
Lemon Juice	0.48	0.48
PureSea® Seaweed Powder		0.24
Salt	0.24	0.24
*4308 X-Tra Guard™ S GF ***	0.60	0.60
TOTAL	100.00	100.00

Processing Steps:

1. Form the mayonnaise base by whisking the egg yolks, mustard and a bit of oil
2. Slowly add the oil whilst whisking continuously
3. Stir in the vinegar and a mayonnaise is formed
4. Chop all other ingredients and mix along with the seaweed

Benefits and Characteristics:

PureSea® comes as a fine powder and can be easily incorporated into the sauce. PureSea is naturally high in iodine which is key for energy and metabolism. The nutrients within PureSea contribute to thyroid health, cognitive function, skin health and blood sugar regulation.

Inclusion rate = c 0.24% c27g portion size = 100mg PureSea

Application Photo:



Email: info@healy-group.com

This recipe is for development use only. Due to difference in materials and processing, we recommend testing in your own setting following consultation with our team.

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Feb 2025

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HEALY GROUP

Indicative Ingredient Declaration:

Ingredient Declaration – Control:

Rapeseed Oil, Pickled Gherkins, **Egg** Yolk, Shallots, Capers, Dijon **Mustard**, White Wine Vinegar, Parsley, Rowan Berry Extract, Lemon Juice, Sal

Ingredient Declaration – PureSea:

Rapeseed Oil, Pickled Gherkins, **Egg** Yolk, Shallots, Capers, Dijon **Mustard**, White Wine Vinegar, Parsley, Rowan Berry Extract, Lemon Juice, Dried Seaweed, Salt

*Allergens in **bold**

Notes:

** Also from The Healy Group:*

X-Tra Guard™ – natural shelf-life extender – Rowan Berry Extract

Enquire with our team for more details.

Nutrition:

Nutritional Data: /100g (Calculated)	Control	PureSea®
Energy kJ	2,133	2,128
Energy k Cal	518	517
Fat	56.0	55.8
Of which saturates	4.3	4.3
Carbohydrates	1.7	1.7
Of which Sugar	0.7	0.7
Fibre	0.2	0.2
Protein	2.2	2.2
Sodium	0.318	0.317
Equivalent as Salt	0.814	0.813
UK HFSS Score	13	13



***X-Tra Guard™ is an extract of rowan berries that is naturally high in organic acids. As a result, care should be taken when determining the right level in the recipe by fully assessing the dosage. The levels in this recipe are a suggested starting point (recommended dosage from 2500 ppm to 5000 ppm on total recipe) for initial guidance only and manufacturers should satisfy themselves in their own developments to achieve the desired effects*

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