

# Sea Vegetable Recipes



## To roast *small* amounts of Nori and Sea Lettuce:

Dry roast handfuls of Nori and/or Sea Lettuce in a hot, dry cast iron skillet. This only takes a minute... just leave your seaweed on the heat long enough to change color and become crispy. Be careful not to burn it! Will crumble easily when done.

## To roast *large* amounts of Nori and Sea Lettuce:

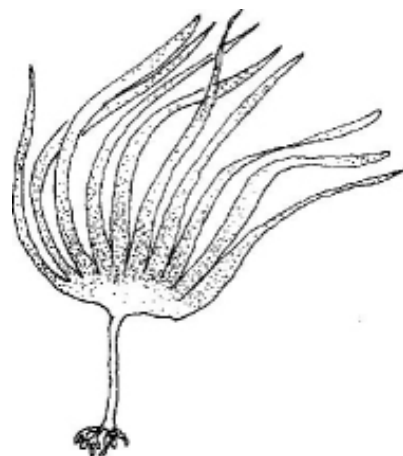
- Unfurl dried nori or sea lettuce as best you can onto cookie sheet(s). I usually fit a gallon-sized bag of dried nori onto one cookie sheet.
- Roast in 300F oven for 5 minutes.
- Remove from oven and flip seaweed over.
- Roast for 3 more minutes. Should crumble easily when done.

## Nori Chips

- Heat oil in cast iron pan or griddle (I prefer coconut oil, but any fat with a higher smoke point will do).
- Unfurl dried nori as best you can and use a spatula to press it into your hot oil.
- Nori will cook very quickly. Flip it over and press down.
- Nori is done when color changes and becomes translucent – hold up to the light and it resembles green stained glass! Cool on a paper towel.
- Enjoy nori chips right away or store in an airtight container for up to two days.

## Kombu Black Beans

- Soak 1.5 cups of dry black beans overnight. Rinse and change water a few times if you can.
- When done soaking, cover with fresh water and bring to a boil. Reduce heat to a simmer. Snip 12" of dried kombu blades into small pieces with kitchen scissors and add to beans. Also add a chopped yellow onion, garlic, coriander, sea salt (remember the kombu adds salt as well), and pepper to taste.
- Cover and cook at a low simmer for 2.5 to 3 hours, or until beans are soft and kombu has dissolved into broth.



## **Allison's Seaweed "Candy" Bars**

- Dry roast handfuls of Nori and/or Sea Lettuce in a hot dry cast iron skillet. This only takes a minute... just leave your seaweed on the heat long enough to change color and become crispy. Be careful not to burn it!
- Roast any combination of nuts and seeds in the same manner. Sunflower, sesame, flax, and pumpkin seeds, almonds, cashews and walnuts are all great to use. Can also use them raw if you prefer.
- Grind together in a blender or food processor the seaweed and ½ of the seeds and nuts.
- Mix this together with the remaining seeds/nuts and enough brown rice syrup to just hold it all together.
- Add any tasty extras such as candied ginger, spices, or dried fruits.
- Spread into plastic-lined cookie sheet, cover with plastic wrap, and using a rolling pin (and as much of your body weight as you can muster!) roll into a flat sheet.
- Spread melted chocolate on top if you like.
- Leave in the fridge for an hour or so before slicing into bars. Enjoy!

## **Nori Snacks**

- "Massage" a big handful of nori with a teaspoon of sesame oil, a teaspoon of tamari, and 1/2 teaspoon powdered ginger (and a dash of wasabi powder is great too!)
- "Unfurl" your nori and spread onto a cookie sheet
- Roast in 300F oven for 5 minutes. Remove and flip nori over. Roast for 3 more minutes.
- Enjoy nutrient-rich, package-free nori snacks! Eat right away or store in airtight container for up to two days.

## **Pickled Cystoseira (Sea oak)**

Taste this marinade as you go to find the proportions and combination of spices that you like (can also use ginger, lemon, dill, peppercorns, fennel seeds, coriander seeds, etc. Be creative!)

- I like: 1 part tamari, 1 part apple cider vinegar, 1/2 part water, a spoonful of honey, and a few garlic cloves
- Snip Cystoseira (stems and floats) into a 1-2" pieces and fill a jar with these. Pour your marinade over and taste test to adjust flavors as needed.
- I store mine in the fridge if I have space, but you can also store it in a dark, cool cabinet.
- When you have finished your pickles, you can reuse the marinade or use it as salad dressing whisked with olive oil.

## Wakame "Fettuccini"

*\*Can also you Rainbow Leaf or Sea Cabbage*

- Rehydrate an 8" length of dried wakame in hot water. When expanded and pliable (reserve soaking water), cut out tough mid-rib. Roll rectangular blade lengths from either side, starting with the short end, into a tight little "roll-up". With a sharp knife, cut the roll-up into ¼ inch thick spirals. Unfurl spirals into "fettuccini" strips.
- In a skillet, heat sesame oil, tamari, freshly grated ginger, and diced garlic with a ¼ cup of soaking water. Add "fettuccini" and simmer 15-20 minutes until tender. Replenish liquid with soaking water as needed to keep the seaweed moist (it will continue to absorb water and some will cook off).
- Include additional sliced veggies to the simmering pot. I love this with sliced carrots and green beans!



## Ocean Garden Sprinkle

A tasty way to make seaweed (and wild food!) a part of your everyday fare.

I like to take a look at my garden and see what herbs need cutting back. Is the oregano starting to flower? The parsley crowding the strawberries? The rosemary overhanging the path? Instead of tossing these trimmings in the compost, I dry them for use in this condiment. The recipe changes according to what you have on hand: any combination of dried culinary herbs and seaweeds that you like. Combine in your blender or food processor into a small flake or powder consistency, store in a shaker bottle, and keep within arm's reach of where you typically eat. Add as a topping for salads, eggs, soups, beans and rice, pastas, grilled cheese sandwiches, etc.

A few of my favorite ways for using my Ocean Garden Sprinkle:

- Mix 2 Tbs of Sprinkle into 8 Tbs of softened butter. Spread a good dollop on a warmed slice of your favorite bread or toss with pasta and enjoy! Store the remainder in a jar in the refrigerator.
- Add 1 Tbs of Sprinkle to a smashed avocado and spread on your favorite slice of toast.

## North Coast Gomasio

Traditionally used to season rice. Combine in a jar and store in the fridge:

- 1 cup ground sesame seeds (raw or roasted)
- 1 cup ground flax seeds
- 3 tablespoons flaked roasted nori
- 1 1/2 teaspoons sea salt

## Sea-Crusted Sushi Rice Balls

To prepare Sushi Rice:

- Wash 1 cup of sushi rice in running water until the water runs clear. Drain and add to a pot with a tight fitting lid along with 1 ¼ cups of water. Bring to a boil then reduce heat to low, cover, and simmer for about 20 minutes or until the water is fully absorbed.
- When rice is done, allow to sit, covered for 15 minutes.
- Prepare seasoning for the rice by dissolving 1 tsp sea salt and 2 tsp sugar in 2 Tbs rice vinegar.
- Fluff rice into a glass or ceramic bowl. Drizzle 1 to 2 Tbs of seasoned vinegar (to your taste) over rice. Stir with a wooden spoon to fully coat rice. Cover rice and cool completely.

Create Rice Balls:

- Wet hands with water (to keep rice from sticking) and roll rice into balls (about golf ball sized). For added excitement, form rice balls around a chunk of something tasty: smoked salmon, steamed carrot, avocado, pickled ginger, etc. This makes for a fun surprise when you bite into each ball (kids love this!).
- Pour a few Tbs of North Coast Gomasio\* into a shallow dish. Roll rice balls around to coat exterior. (\*Can add additional flavors to gomasio to your liking: crushed Bonito flakes, a touch of wasabi powder, powdered ginger, or sugar, etc.)

## Kj's Cookies

- Dry Roast handfuls of Nori and/or Sea Lettuce and then powder in a blender or food processor.
- Powder the following and add to the ground Seaweed: ¾ cup rolled oats, ¾ cup nuts and seeds (any combo you like will do!), and ½ cup unsweetened shredded coconut.
- Make a solution of ¼ cup honey and ¼ cup hot water. Mix this in with your dry ingredients to form a moist, yet not runny dough.
- Add any extras you like... dried cranberries and chocolate chips are my favorite!
- Spoon in small mounds onto ungreased cookie sheet. Bake at 350°F for about 15 minutes, or until the high parts of the cookies are golden.