

Recipes Using Sea Vegetables

Nori-Rice Salad

Ingredients:

2 ½ c. cooked rice, cooled	4 T. soy sauce
2 c. wildcrafted Rising Tide Nori	2 T. chopped toasted almonds (toasting optional)
1 c. cilantro, chopped	1 t. toasted sesame seed oil
½ c. finely grated carrot (optional)	1 t. grated fresh ginger
3 T. diced raw onion (optional)	2 t. lemon juice
1 T. rice syrup or honey in liquid form	

Toast 2 cups of nori at 300° for 15 minutes or until crisp and “crumbleable.” Crumble nori into approximately ¼” flakes. Set aside small amount (1 T) of nori flakes and ¼ cup chopped cilantro as garnish. Combine rice, remaining nori flakes, ¾ c. cilantro, all the other ingredients, and mix well. Garnish with extra nori and cilantro and serve. *Inspired by Eleanor Lewallen.*

Nori Sesame Noodles

Cook favorite pasta to taste. Drain. Mix in butter, chopped garlic, and **Nori Sesame Gomasio** to taste. Garnish with parsley and serve.

Cream Cheese and Gomasio Dip

Mix Nori Sesame Gomasio into cream cheese to taste. Serve with crackers for a yummy dip. Optional: add small pieces of Applewood Smoked Dulse.

Sweet and Sour Beets with Dulse

This is hot-off-the-stove so we don’t have exact quantities yet, but it’s one of those dishes that you can make up as you go:

Sauté one chopped onion until soft and beginning to caramelize. While still cooking add 2-3 T rice syrup, 1 T soy sauce, 1-2(?) T rice wine vinegar, and ¾ oz. dulse or applewood smoked dulse, snipped into ¾” pieces. Finally add 5-6 beets, chopped au julienne, and cook until soft enough to eat. Really delicious! (Just invented by Rob Harlan)

Waldorf Salad with Almonds and Dulse

Ingredients:

1 c. small pieces dulse (cut w/scissors)	¼ c. raisins
2 c. chunked apples	½ c. chopped almonds
1 c. chopped celery	mayonnaise to taste (or olive or safflower oil,
1 c. grated carrots	lemon juice, and salt for vegans)

Mix all ingredients together and serve on bed of lettuce or spinach.

Dulse Patties

Ingredients:

½ c. rolled oats
¾ c. cooked rice
½ c. diced green onions
½ c. dulse

½ c. chopped walnuts
1½ T. soysauce
2 T whole wheat flour
1 T tahini.
Coconut Oil

Soak dulse for 5 minutes in water and dice into small pieces. Save the soak water. Mix and stir all ingredients together with enough dulse soak water until you can shape the mixture into patties. Pan-fry the patties in coconut oil* until crisp.

*Coconut Oil is the oil best suited to high heat. The best source is Omega Nutrition_____

Gingered Wakame

1 c. (2/3 oz.) wakame	3 med. cloves garlic, chopped
2 c. water	1 t. grated ginger w/juice
1 T. oil (olive, safflower, or toasted sesame	1 heaping T. honey or rice syrup
1 T. soysauce	

Soak wakame in water for 10 minutes. Chop into ¼" strips. Set aside. Combine all other ingredients in a wok or frying pan and sauté for 2 minutes. Add wakame and simmer for 20-30 minutes, adding soak water as needed.

Rising Tide Sea Vegetables

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