

# Recipes

## Seasonings

---

### **Kelp Seasoning**

Kelp powder or flakes can be made by roasting *Laminaria* blades in an oven at low temperatures, 150-200° for 5 to 15 minutes depending on what seaweed you are roasting and how much you have in the oven. They will turn a bright green and become quite crisp. Remove from the oven. A powder or flakes can be made by crushing with a mortar and pestle or crumbling in your hands. Used as a seasoning, it can be added to seafood chowder or sprinkled over rice.

### **Sea Lettuce Flakes**

Roast dried blades of *Ulva* in an oven at 180-200° for 5-15 minutes or until the blades are just crisp. They will easily crush to a powder or small flakes in your hand or with a mortar. Store in a jar and use as a seasoning in soups or on salads.

### **Kombu (Kelp) Stock**

Kelp (kombu, *Laminaria bongardiana*) can be added to water to provide a flavorful stock base for soups. The kelp is not boiled but put into water and heated. It is then removed from the water just before boiling. The stock can then be used to make your soup or rice dish.

## Snacks

---

### Quick Fry Kelp Chips

Cut fresh *Laminaria saccharina* or *Laminaria setchellii* into small chip-like strips. Heat a frying pan with a few tablespoons or more of oil. Quickly turn strips until green. Remove and transfer to paper towel to remove excess oil. You may add a bit of sugar or sesame seeds.

### Oven Roasted Kelp Chips

Roast *Laminaria saccharina* or *Laminaria setchellii* strips in an oven at 200° for 5 to 10 minutes, or until seaweeds turn green. Remove, cool, and eat.

### Ribbon Seaweed Chips

Like many of the other seaweeds, ribbon seaweed (*Palmaria*) is delicious when roasted. Put some in a shallow pan and roast it at 125-175° for about 5 minutes. Remove from oven and allow to cool. It will crisp up as it cools. It has its own salt and flavor so there is no need to add seasoning.

### Bull Kelp Chips

Break dried bull kelp (*Nereocystis*) blades into smaller pieces. Put in shallow pan in an oven at 125-175° for 5-10 minutes. Test for “doneness” by breaking off a piece. If it breaks with a crunch, it is done. The chips should be salty enough from the natural salts and not require any additional seasoning. This seaweed chip has been favored by many participants at seaweed workshops.

## Roasted Seaweed Popcorn

Fill a shallow pan with a single layer of black seaweed (*Porphyra*). Roast in an oven at around 175° for approximately 10 minutes. Check to see if it is roasted by trying to bend and snap a piece. If it snaps, it is ready to munch on like popcorn. Roasted seaweed may act as a laxative if you eat too much at once, so be a bit cautious.

## Main Dishes

### *Alaria* Tomato Noodle Dish

<b>1/3 pound ground beef</b>	<b>1 teaspoon vinegar</b>
<b>2 tablespoons oil</b>	<b>1/2 teaspoon oregano</b>
<b>1 small onion, chopped</b>	<b>1/2 teaspoon marjoram</b>
<b>2 cloves garlic, sliced</b>	<b>1/2 teaspoon basil</b>
<b>2 cups sliced <i>Alaria</i>, fresh or rehydrated dried*</b>	<b>1/8 teaspoon cayenne</b>
<b>1 (8 ounce) can tomato sauce</b>	<b>Ramen noodles, cooked and drained</b>

Brown meat in oil with onion and garlic, then drain off most of the fat. Add remaining ingredients except noodles. Cook 10 to 15 minutes and serve over cooked ramen noodles.

*\*To rehydrate dried *Alaria*, soak in freshwater for about 15 minutes.*

## Stir-Fry Veggies with *Alaria*

1 package oriental noodles	1 handful of sugar peas, sliced in half
1 tablespoon soy sauce	
1 tablespoon sesame oil	½ cup fresh or rehydrated <i>Alaria</i> , cut into small strips
2 teaspoons powdered garlic	
2 tablespoons cooking oil	1 tablespoon soy sauce
2 carrots sliced on the diagonal	2 teaspoons honey
¼ medium cabbage, sliced or shredded	

Cook noodles according to package directions. Drain and flavor with 1 tablespoon soy sauce, sesame oil, and garlic powder. Put into a large bowl. Stir-fry vegetables, except for *Alaria*, in cooking oil. Add *Alaria* when the vegetables are half done. Add 1 tablespoon soy sauce and the honey to the vegetables while stir-frying. Add vegetables to the noodles and toss. Serve warm.

## Fish Chowder with Rockweed

2 large potatoes, diced	½ teaspoon sage
2 quarts water	½ teaspoon thyme
2 cups rockweed ( <i>Fucus</i> ), chopped	⅛ teaspoon cayenne
1 pound rockfish fillet, chunked	½ teaspoon salt
1 cup chicken broth	2 tablespoons olive oil
1 tablespoon celery salt	1 tablespoon flour

Place potatoes in soup pot with water. Put chopped rockweed in cheesecloth and suspend the bag in the soup pot. Boil until potatoes are almost cooked. Remove the spent rockweed and discard. Add all other ingredients except flour. Lightly boil for 15 minutes to cook the rockfish. Dissolve flour in a few tablespoons of cold water, and stir it into chowder to thicken. Simmer five more minutes, then serve.

## **Fucus Stir-Fry**

3 tablespoons oil	½ cup water chestnuts, sliced
1 garlic clove, grated	½ onion, chopped
2 tablespoons ginger, grated	¼ cup red pepper, sliced
½ cup mushrooms, sliced	1 cup edible pea pods
2 cups fresh rockweed ( <i>Fucus</i> ), cut into pieces*	3-4 tablespoons soy sauce
½ cup celery, sliced	1 teaspoon chicken broth
	Cooked rice or cooked noodles

Heat oil in skillet or wok. Sauté garlic and ginger. Add in order: mushrooms and rockweed, then celery, water chestnuts, onions, pepper, and peas. Add soy sauce and broth. Cover and steam briefly to allow flavors to blend. Serve with rice or noodles.

*\*You can also use Alaria or kelp (Laminaria).*

## **Fucus Chop Suey**

1 teaspoon cornstarch	½ cup mushrooms, sliced
1 teaspoon chicken broth	½ cup celery, sliced
1 teaspoon soy sauce	½ cup red pepper, sliced
1 cup pork, chicken, or tofu (thinly sliced)	1 cup edible pea pods
3 tablespoons oil	½ onion, chopped
1 garlic clove, grated	3-4 tablespoons soy sauce
2 tablespoons ginger, grated	1 teaspoon chicken broth
2 cups fresh rockweed ( <i>Fucus</i> )*	Cooked rice or cooked noodles

Combine cornstarch, 1 teaspoon chicken broth, and 1 teaspoon soy sauce, and marinate meat in mixture for a few minutes. Heat wok and add oil, meat, garlic, and ginger. When meat is cooked, remove from wok and set aside. Sauté vegetables, including rockweed, in wok. Return meat to the wok, add soy sauce and chicken broth, and simmer briefly to allow flavors to blend. Serve with rice or noodles.

*\*You can also use Alaria or kelp (Laminaria).*

## Snapper and Tofu

1 strip kelp (*Laminaria*)  
about 6 inches long

½ cake firm tofu, cut  
into 1-inch cubes

1 pound red snapper\* fillet  
or other rockfish, cubed

1 lemon rind, cut into  
thin strips

3 tablespoons soy  
sauce or tamari

Juice of one lemon

2 tablespoons honey

Cooked rice

Place kelp in the bottom of steamer pot. Cover with water and soak while preparing other ingredients. Place tofu and fish in steamer basket with lemon rind strips. Cover and steam for 15 minutes or until rockfish fillet is done. Remove from heat. In a small saucepan mix soy sauce, lemon juice, and honey. Heat only until honey melts. Arrange the steamed fish, tofu, and lemon peel on a platter. Pour the sauce over it and serve hot with rice. Discard kelp.

\* *“Red snapper” is a common name for yelloweye rockfish.*

## Dulse Fried Rice

1 tablespoon cooking oil

½ cup carrots, finely chopped

½ cup green onion, chopped

1 handful dried ribbon  
seaweed (dulse), snipped  
into small pieces

3 cups cooked brown rice

Soy sauce to taste

1 egg, scrambled (or tofu)

Heat oil in frying pan, then add carrots and stir for about 30 seconds. Add onion and ribbon seaweed, and stir. Add rice, breaking up clumps, and stir until hot. Add soy sauce to taste and stir. Fold in eggs or tofu. Serve warm.

## Nori with Bean Threads

1 cup bean threads	1 cup roasted nori (black seaweed)
1 tablespoon sesame oil	
½ cup carrots, sliced	½ cup water
½ cup onion, sliced	Soy sauce
½ cup mushrooms, sliced	Sesame oil
	Cooked rice

Cover bean threads with boiling water, then set aside for five minutes. Drain and cut threads in half. Sauté vegetables in oil. Add black seaweed when vegetables are almost done. Add bean threads and ½ cup of water and cook for two minutes. Season with soy sauce to taste. Sprinkle with sesame oil just before serving. Serve over rice.

## Seaweed Chop Suey

½ pound bacon, cut in thin strips	1 can chopped canned clams, drained (save and set aside juice)
2 garlic cloves, peeled and sliced	1-2 cups dried black seaweed, ground
½ large onion, sliced	Cooked rice
1 medium cabbage, sliced	
¼ cup soy sauce	

Fry bacon until crisp. Add garlic and onion and sauté for half a minute. Remove half the drippings. Add cabbage, soy sauce, and clam juice. Allow cabbage to cook. Add clams and 1-2 cups of dried ground black seaweed. Mix and add more water if necessary. Serve over rice.



Black seaweed should be unfolded and turned throughout the day, as it dries.

Dolly Garza

## Side Dishes

---

### Sweet and Sour Fucus

3 tablespoons oil  
4 tablespoons sunflower seeds  
2 cups rockweed (*Fucus*),  
cut into strips

2 cups tart apples,  
peeled and sliced  
¼ cup raisins  
1 teaspoon cinnamon  
2 tablespoons honey

In skillet, sauté sunflower seeds in oil until slightly brown. Add rockweed and sauté until tender. Add apple slices, raisins, cinnamon, and honey. Turn heat down and simmer for a few minutes. Serve as a side dish.



Mike Tunek, Alaska Department of Fish & Game

Dolly Garza looks at the condition of *Porphyra* (black seaweed) to find out if it's still good for picking.

## Seaweed Rice Balls

2 tablespoons honey	8 cups cooked rice
4 tablespoons soy sauce	1/3 cup sesame seeds
2 tablespoons sesame oil	2 cups roasted black seaweed
1/4 teaspoon ground ginger	( <i>Porphyra</i> ), crushed

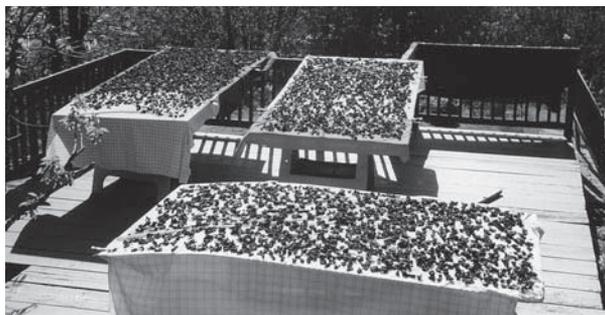
In small bowl mix honey, soy sauce, sesame oil, and ginger. In large bowl, mix rice with sesame seed and then the marinade. Add the crushed black seaweed (reserving a small amount to use as garnish). Form 1-inch rice balls. Place on platter and sprinkle lightly with crushed black seaweed. You can also serve as a rice dish without making the balls.

## Sautéed Beach Asparagus

2-3 cups fresh beach asparagus	2 tablespoons butter
1/4 cup small fried bacon bits (3 slices raw bacon)	1/2 onion, sliced
	Lemon juice to taste

Clean fresh beach asparagus, then soak for 5 minutes in cold water. Drain, then steam or blanch for 1-2 minutes. Rinse in cold water and drain. (Skip this if you are using canned beach asparagus.)

Chop bacon slices and fry. Remove and drain on paper towel. Drain frying pan, but do not wipe clean. Add butter and sauté onion for 1-2 minutes. Add asparagus and sauté for 1-2 minutes more. Turn mixture into bowl and sprinkle with lemon juice. Serve warm.



Black seaweed drying on tables

Dolly Garza

## Beach Asparagus with Parmesan

2 cups beach asparagus,  
fresh or canned  
2 tablespoons extra  
virgin olive oil

½ teaspoon lemon juice  
½ cup parmesan, shredded  
Black pepper, ground

If the asparagus is fresh, blanch for one minute in unsalted boiling water. If asparagus is canned, heat it in small pan for about 5 minutes. Drain and place in serving bowl. Make a dressing with olive oil and lemon juice, and spoon over the warm beach asparagus. Sprinkle with parmesan and ground black pepper. Serve warm.

## Greek Beach Asparagus Salad

2-3 roma tomatoes,  
chopped and drained  
1 cucumber, peeled,  
sliced, and chopped  
½ small red onion, chopped  
1 jar plain beach  
asparagus, drained

½ cup kalamata olives,  
chopped  
½ cup feta cheese, crumbled  
2 tablespoons olive oil  
2 tablespoons balsamic  
vinegar

In bowl, toss tomatoes, cucumber, and onion. Add drained beach asparagus and toss to separate “spears.” Add olives and feta, then toss. In a small bowl mix oil and vinegar, then add to salad and toss. Refrigerate before serving.



Sliced bull kelp.

Dolly Garza

## Canned Products

Note: To ensure you are following procedures for safe food products, it is recommended that you read about food canning at the National Center for Home Food Preservation Web site, [www.uga.edu/nchfp/index.html](http://www.uga.edu/nchfp/index.html).



### Bull Kelp Chutney I

3 cups bull kelp ( <i>Nereocystis</i> ), chopped	3 ½ cups brown sugar
2 cups raisins	1 pint cider vinegar
2 cups apples, chopped	3 ounces mustard seed
2 cups rhubarb, chopped	½ teaspoon ginger
¾ teaspoon salt	Cayenne to taste

Combine all ingredients in a large pot. Bring to boil, then simmer (uncovered) for about one hour. Place chutney in half-pint or pint sterilized jars, leaving ½ inch headroom. Screw on lids, and boil submerged in water for 15 minutes. Remove jars from hot water and let cool for 12-24 hours, then check lids to make sure they sealed.

### Bull Kelp Chutney II

9-10 cups bull kelp ( <i>Nereocystis</i> ), chopped	2 ½ cups sugar
1 ½ cups onion, chopped	¾ teaspoon cayenne (or to taste)
2 cups raisins	½ teaspoon salt
½ cup ginger, chopped	½ teaspoon cloves, whole
5 cloves garlic	½ teaspoon cinnamon
3 cups vinegar	½ teaspoon allspice

Combine all ingredients in a large pot. Bring to boil, then simmer about two hours until syrupy. Place chutney in half-pint or pint sterilized jars, leaving ½ inch headroom. Screw on lids, and boil submerged in water for 15 minutes. Remove jars from hot water and let cool for 12-24 hours, then check lids to make sure they sealed.

## Bull Kelp Salsa

8 cups bull kelp (*Nereocystis*),  
chopped\*

4 green peppers, chopped\*

2 onions, chopped\*

3 cups celery, diced\*

5 large fresh tomatoes,  
chopped\*

Red chili peppers to taste

1 green Ortega chili  
(or more to taste)

3 garlic cloves, crushed

½ teaspoon cilantro

6 ounces jalapenos

2 cups white vinegar

2 tablespoons honey

6 teaspoons cumin

Combine all ingredients in large pot. Bring to boil, then simmer uncovered for one or two hours. Place in half-pint or pint sterilized jars, leaving ½ inch headroom. Screw on lids, and boil in hot water bath for 15 minutes. Remove jars from hot water and cool for 12-24 hours, then check lids to make sure they sealed. Makes 13-14 pints.

*\*For a finer product grind these ingredients together.*



Kurt Byers

Dolly Garza shares seaweed with a student at Eielson Elementary School, during Garza's presentation on Native subsistence foods.

## Pickled Beach Asparagus I

<b>Large bowl of fresh beach asparagus</b>	<b>4 cups water</b>
<b>4 cups white vinegar</b>	<b>2 tablespoons pickling spice</b>

Clean beach asparagus and pack tightly into sterilized pint jars. Bring vinegar and water to a boil. Add spice to water and simmer 5 minutes. Remove pan from heat and pour hot solution over asparagus, leaving ½ inch headroom. Clean rim of jar and screw on lid. Boil submerged in water bath for 20 minutes. Remove and allow to sit for 12-24 hours; then check each jar to ensure it has sealed. Let sit for at least ten days before using to allow the beach asparagus to pickle. Once a jar is opened the unused portion must be refrigerated. Keep jars in cool dry storage for up to a year. Makes about 10 pints.

## Pickled Beach Asparagus II

<b>Large bowl of fresh beach asparagus, cleaned and blanched</b>	<b>2 tablespoons mustard seed</b>
<b>6-8 cups white vinegar</b>	<b>1 ½ teaspoons celery seed</b>
<b>4-5 cups white sugar</b>	<b>½ teaspoon ground cloves</b>
<b>1 ½ teaspoons turmeric</b>	<b>1 large onion, chopped</b>
	<b>3-4 red bell peppers, chopped</b>

Clean and soak beach asparagus for 10 minutes in cold water. Drain and pack tightly into sterilized pint jars. Mix vinegar, sugar, and spices in large pot and bring to a boil. Add onion and bell peppers and stir thoroughly. Pour hot solution over beach asparagus, leaving ½ inch headroom. Clean rim of jar and screw on lid. Boil submerged in water bath for 20 minutes. Remove from water and allow to sit for 12-24 hours. Check each jar to ensure it has sealed. Let sit for at least ten days before using to allow the beach asparagus to pickle. Once a jar is opened the unused portion must be refrigerated. Keep jars in cool dry storage for up to a year. Makes about 10 pints.

# References

Several of these references are older “classics.” You may find them in your library, but probably not in a bookstore. The more recent books such as Druehl or O’Clair and Lindstrom should be available at bookstores and libraries and will prove valuable as you begin to explore seaweeds. Several of the books have excellent recipes that will help pique your interest in harvesting and using local seaweeds.

You may also enjoy another book by Dolly Garza, titled *Surviving on the Foods and Water from Alaska’s Southern Shores*. For more field guides and other books and videos about Alaska’s seas and coasts, visit the Alaska Sea Grant Web site bookstore at [alaskaseagrant.org](http://alaskaseagrant.org).

Arasaki, S. and T. Arasaki. 1983. *Vegetables from the Sea*. Japan Publications, Inc., Tokyo, Japan.

Bradford, P. and M. Bradford. 1988. *Cooking with Sea Vegetables*. Healing Arts Press, Rochester, Vermont.

Druehl, L. 2000. *Pacific Seaweeds: A Guide to Common Seaweeds of the West Coast*. Harbour Publishing, Madeira Park, British Columbia.

Ellis, L. 1999. *Seaweed: A Cook’s Guide*. Fisher Books, LLC, Tucson, Arizona.

Fortner, H.J. 1978. *The Limu Eater, a Cookbook of Hawaiian Seaweed*. University of Hawaii Sea Grant Program, Honolulu.

- Lewallen, E. and J. Lewallen. 1996. *Sea Vegetable Gourmet Cookbook and Wildcrafters Guide*. Mendocino Sea Vegetable Company, Philo, California.
- McConnaughey, E. 1985. *Sea Vegetables*. Naturegraph, Happy Camp, California.
- Mondragon, J.R. and J. Mondragon. 2003. *Seaweeds of the Pacific Coast: Common Marine Algae from Alaska to Baja California*. Sea Challengers, Monterey, California. (ISBN 0-930118-29-4)
- National Center for Home Food Preservation, University of Georgia. [www.uga.edu/nchfp](http://www.uga.edu/nchfp).
- O'Clair, R. and S. Lindstrom. 2000. *North Pacific Seaweeds*. Plant Press, Friday Harbor, Washington. (ISBN 0-9664245-1-4)
- Scagel, R.F. 1967. *Guide to Common Seaweeds of British Columbia*. British Columbia Provincial Museum, Handbook No. 27.
- USDA. 1994. *The USDA Complete Guide to Home Canning*. Publication SF 006, IFAS Publications, University of Florida, P.O. Box 110011, Gainesville, FL 32611, (352) 392-1764.
- Waaland, J.R. 1977. *Common Seaweeds of the Pacific Coast*. Pacific Search Press, Seattle. (ISBN 0-914718-19-3)

# Index

(Page numbers in bold indicate illustrations or photos.)

*Alaria marginata* 8, **8**, **10**, **11**  
recipe for 43, 44

beach asparagus (*Salicornia virginica*) 38  
recipe for 49, 50, 53

black seaweed (*Porphyra*) 24, **24**, **29**, **47**, **48**, **49**  
recipe for 43, 47, 49

bull kelp (*Nereocystis luetkeana*) 20, **21**, **22**, **23**, **51**  
recipe for 42, 51, 52

bullwhip kelp (*Nereocystis luetkeana*) 20

dulse (*Palmaria mollis*) 30  
recipe for 46

*Fucus gardneri* 12, **13**, **14**, **48**  
recipe for 44, 45, 48

herring roe on giant kelp **2**

kelp (*Laminaria*) 16  
recipe for 41, 42

kombu (*Laminaria*) 16  
recipe for 41

*Laminaria* 16, **17**  
*L. bongardiana* **17**, **19**  
*L. saccharina* **17**, **18**  
*L. setchellii* **17**  
recipe for 41, 42, 46

laver (*Porphyra*) 24

- Native uses of seaweeds 3
- Nereocystis luetkeana* 20, **21, 22, 23, 51**  
    recipe for 42, 51, 52
- nori (*Porphyra*) 24  
    recipe for 47
- Palmaria mollis* 30, **30, 31, 33**  
    recipe for 42, 46
- popweed (*Fucus gardneri*) 12
- Porphyra* 24, **47, 48, 49**  
    recipe for 43, 47, 48, 49  
    *P. abbottae* **24, 25, 26, 27**
- Recipes 41-53
- References 54
- ribbon seaweed (*Palmaria mollis*) 30  
    recipe for 42, 46
- rockweed (*Fucus gardneri*) 12  
    recipe for 44, 45, 48
- Salicornia virginica* 38, **39**  
    recipe for 49, 50, 53
- sea lettuce (*Ulva fenestrata*) 34  
    recipe for 41
- sugar wrack (*Laminaria*) 16
- tidal zones, seaweed growth in **1**
- Ulva fenestrata* 34, **34, 35, 36**  
    recipe for 41
- wakame (*Alaria marginata*) 8
- winged kelp (*Alaria marginata*) 8