

Recipes

Kelp and Beans

1. Choose any dry bean and your favorite bean cooking method.
2. As you bring the beans to a boil add Kombu (one or two strips.) Continue cooking and adding your choice of other ingredients. The kelp will melt into the bean sauce or remove and chop into bite sized pieces and return to soup pot.

Nori Sesame Noodles

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

Cream Cheese and Gomasio Dip

Mix Nori Sesame Gomasio into cream cheese or sour cream. Optional: diced celery, cilantro, shallots, red peppers.

Seaweeds and Grains

Pre-soak all grains (rice, quinoa, millet, barley, etc.) rinse and drain. Add any toasted + crumbled sea vegetable to pot with water, cook as directed

Sea Vegetable Miso Soup

- 1 c. any soaked seaweed
- 1 ½ c water, heated to 118°
- ½ T. mellow miso
- 1 t. fresh ginger root

1. Chop or cut into bite sized pieces.
2. Add to the warm water.
3. Dissolve the miso in ¼ cup warm water and add to the soup.

Vinegar-ed Land and Sea Vegetables

Water for boiling vegetables

Pinch sea salt

1 c thinly sliced carrot rounds

1 c cauliflower or broccoli florets

1 c snow peas or sugar snap peas

1 c bean sprouts

1 c soaked, chopped wakame (or other)

Dressing:

4 T brown rice vinegar

1 t shoyu (soy sauce)

1 t water

Bring a pot of water to boil and add sea salt. Boil carrots 2-3 minutes. Remove from pot, drain, and cool. Boil cauliflower 3-4 minutes. Remove from pot, drain, and cool. Boil peas 1-2 minutes. Remove, drain, and cool. Boil bean sprouts 20-30 seconds. Remove, drain, and cool. Boil wakame 10 seconds. Drain and immediately plunge into cold water to set color. Drain well and combine with other vegetables in serving bowl. Mix dressing ingredients together, pour over

Nori w/ Ginger Tofu Scramble

1 lb fresh tofu

2 T. nutritional yeast flakes

2 T. nori

½ t. grated ginger

Soy sauce

Sesame Oil

Toasted sesame seeds

1. Crumble the tofu into a lightly oiled skillet and mash with a fork.
2. Simmer for a few minutes, and add a small amount of water for a softer texture.
3. Stir in the yeast flakes and Nori
4. Add a dash of soy sauce, sesame oil, sprinkle sesame seeds.

Sea Vegetable Split Pea Soup

1 oz wakame or kombu

6 c water

1 ½ c split peas, rinsed

1 bay leaf

1 t. cumin

1 t. coriander

2 to 3 cloves of garlic

1 large onion, diced

2 to 3 c sliced carrots

1 to 2 stalks celery, chopped

2 t. oregano

1 T. soy sauce, or to taste

1. Snip the seaweed into 1" pieces with scissors.
2. Add to a large soup pot with the water, split peas, bay leaf, cumin and coriander.
3. Simmer for 50 to 60 minutes until the split peas are soft and almost ready to dissolve.
4. Add the garlic, onion, carrots, and celery, and simmer until the vegetables are soft, about 20 minutes.
5. Add the oregano and soy sauce.

Options

Pre-sauté the vegetables, add tempeh

Nori Mushroom Tofu Scramble

¼ package nori

1 medium onion, diced

1 t. to 1 T. sesame or coconut oil

1 lb firm or extra firm tofu, mashed

1-2 cloves garlic, diced

4 oz. fresh shitake, ½ cup dried shitake

Tamari

Freshly ground black pepper to taste

½ t. ginger, diced very small

optional- sliced red bell pepper, spinach, water cress, and/or grated carrot, for more color and volume

1. Pull apart nori. Crisp in a frying pan over medium heat 4 to 5 minutes, pressing occasionally with spatula or spoon until crumbly. Or set in a toaster oven for 5 to

2. Sauté onion until translucent

3. Add the tofu, garlic and mushrooms and sauté

4. Crumble nori and mix into the pan.

5. Add tamari and pepper to taste.

6. Mix in optional greens and/or ginger.

Gingered Wakame

1 c. (2/3 oz.) wakame (or other)

3 med. cloves garlic, chopped

2 c. water

1 t. grated ginger

1 T. oil (olive, safflower, or toasted sesame)

1 heaping T. honey or rice syrup

1 T. soy sauce

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 15-20 minutes, adding soak water as needed.

Creamy Carrot Soup with Kelp

1 part any sea vegetable

4 c water

5 medium carrots, chopped

3 small or 2 medium potatoes, chopped

2 large leeks or 2 chopped onions,

2 c plain soymilk

4 T. tamari

½ to 1 t. thyme, basil and marjoram

Black pepper and tarragon to taste

Parsley/cilantro/fennel for garnish

1. Put the kelp and water in a soup pot, and bring to a boil. Add the carrots, potatoes, and leeks, and simmer until tender, about 15 to 20 minutes.
2. Put half of the soup, 1 cup soymilk, 2 tablespoons tamari, black pepper and tarragon in a blender and process until smooth. Repeat with the other half of the ingredients. Garnish with greenery. Optional holiday seasoning: Replace thyme, basil and marjoram with nutmeg.

Winter Squash Kelp Soup

½ oz any sea vegetable

1 medium onion, chopped

1 medium winter squash, cubed (1 qt.)

1/3 c parsley, chopped

Miso to taste

1. In a soup pot, cover sea vegetable with water and simmer for 10 minutes.
2. Remove and chop
3. Return to the pot with the onion and squash; add water to cover.
4. Simmer for 20-30 minutes until squash is soft, or pressure cook for 5-10 minutes.
5. Purée miso with broth; add to pot. Garnish with parsley.

