

Seaweed Butter for Corn on the Cob

Ingredients:

- 1/4 cup dried seaweed, or one (0.6 ounce) kelp cube
- 3 tablespoons room temperature lightly salted butter
- Freshly ground black pepper
- Pinch dry ginger, optional
- Pinch chile flakes or hot pepper sauce, optional
- 1/4 teaspoon grated lemon or lime zest, optional
- 4 ears corn, husks pulled back (but not removed), silks removed
- Vegetable oil for the grill

Instructions:

1. To make the seaweed butter: If using dried seaweed, place the seaweed in a spice grinder, blender, or food processor and whirl until pulverized. In a small bowl, mix the (dried or fresh) seaweed and the butter until thoroughly incorporated. Season with pepper to taste. Mix in optional ingredients if you like.
2. Preheat a gas or charcoal grill until hot, about 450 degrees. Lightly oil the grates with the oil. Place the corn on the hot grill with the husks hanging over the edge so they don't cook or burn. Grill the corn about 3 to 4 minutes per side, depending on how young or thick the kernels are, turning the corn once or twice.
3. Remove the hot corn from the grill and place on a platter. Place a teaspoon or so of seaweed butter on each ear of corn and serve any remaining butter on the side.

Recipe adapted: [An Ocean Of Culinary Possibilities Using Fresh Seaweed Harvested In The US Here & Now \(wbur.org\)](http://wbur.org)

Seaweed Omelet

Ingredients:

- 1 tablespoon olive or vegetable oil
- 1 cup finely chopped zucchini
- 1/2 cup seaweed strands, preferably kelp, fresh or dried, plus 2 tablespoons*
- 3 eggs
- 1 1/2 teaspoons sesame oil
- 1 1/2 teaspoons soy sauce

*If using dried seaweed, cut into thin strips

Instructions:

1. In an 8-inch heavy skillet, heat the oil over moderately high heat. Add the zucchini and cook, stirring, about 5 minutes, or until golden brown and almost tender. Reduce the heat to medium low and add the 1/2 cup seaweed; cook, stirring, for 2 minutes.
2. In a small bowl whisk the eggs with 1 teaspoon of the sesame oil and all the soy sauce. Add the beaten eggs on top of the sautéed zucchini and seaweed and let cook for about 3 minutes, without touching. Using a wide spatula, very carefully flip the omelet over in one piece. Cook for an additional 2 to 3 minutes, or until the omelet doesn't appear wet. Remove the skillet from the heat. Place a plate on top of the skillet and flip the omelet out of the skillet.

3. In the same skillet you cooked the omelet in, heat the remaining 1/2 teaspoon of sesame oil and add the remaining 2 tablespoons seaweed. Cook, stirring, for 2 minutes. Top the omelet with the sautéed seaweed.

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Cucumber-Miso-Kelp Dip

Ingredients:

- 1 cup cottage cheese, plain yogurt, or sour cream
- 1/2 cup peeled, chopped cucumber
- 2 tablespoons chopped fresh dill
- 1/2 cup dried, ground seaweed* or one (0.6 ounce) kelp cube
- 1 1/2 teaspoons white or yellow miso paste
- Salt and pepper to taste
- Dash hot pepper sauce, optional

*To ground the dried seaweed, place in a spice grinder, blender or food processor and whirl until finely pulverized

Instructions:

1. In the container of a food processor or blender, whirl all the ingredients until smooth. Season to taste with a touch more miso or salt, pepper, and pepper sauce to taste.

Recipe adapted: [An Ocean Of Culinary Possibilities Using Fresh Seaweed Harvested In The US Here & Now \(wbur.org\)](http://wbur.org)

Ginger Kelp Green Juice

Ingredients:

- 5 cups packed chopped kale leaves, or any combination of greens such as romaine lettuce, arugula, or add mint and other herbs
- 1 cup plain yogurt
- 1 banana, peeled
- 3 tablespoons finely chopped peeled fresh ginger root
- 2 cubes pureed kelp
- 2 tablespoons fresh lime juice, plus more to taste
- 2 teaspoons honey, plus more to taste
- 2 to 3 grinds freshly ground black pepper, plus more to taste
- Pinch kosher salt, plus more to taste

Instructions:

1. Combine all the ingredients in a blender. Add 3/4 cup ice cold water and 3 large ice cubes. Puree until smooth. Adjust honey, pepper, and salt to taste.

Recipe adapted: [An Ocean Of Culinary Possibilities Using Fresh Seaweed Harvested In The US Here & Now \(wbur.org\)](http://wbur.org)

Greens & Seaweed Sauté

Ingredients:

- 1 bunch greens, separate leaves and stems, sliced thin
- 1 Tbs seaweed flakes or finely chopped seaweed
- 2 tsp shoyu
- sesame oil

Instructions:

1. warm sauté pan over medium high heat, add a small amount of oil
2. once oil is hot add onions, sauté until translucent, stirring frequently
3. add seaweed, sauté for 1 min
4. add greens, stir until color of greens becomes bright
5. add shoyu, stir, quickly remove from pan

Recipe adapted: [Greens & Seaweed Sauté | Center for Integrative Nutrition, Centers for Integrative Health \(ucsd.edu\)](#)

Seaweed Soup

Ingredients:

- 1 bunch of sugar kelp
- 1 liter (4¼ cups) of water
- ½ cup chopped vegetables
- ½ tbsp miso
- ¼ cup minced green onions
- ½ cup sliced white onions
- 1 bunch of freshly chopped cilantro

Instructions:

1. Rinse and soak sugar kelp in cold water for a few minutes and chop.
2. Boil water and add white onions and kelp.
3. Cook on medium heat for 5 min.
4. Add the vegetables and cook for 5 more minutes.
5. Reduce the flame to low heat, add miso and cook for 2 min.
6. Garnish with green onions and cilantro

Recipe adapted: [Seaweed-Based Recipes for Food, Health-Food Applications, and Innovative Products Including Meat and Meat Analogs | SpringerLink](#)

Seaweed Bread

Ingredients:

- 2 tbsp. seaweed flakes
- 500 g flour (seaweed-based flour can also be used)
- 20 g fresh yeast

- 1 1/2 tsp. dried active yeast
- 1 tsp. salt
- 100 mL (1/2 cup) cooking oil
- 400 mL (1 2/3 cups) warm water.

Instructions:

1. Begin by mixing the flour, seaweed flakes, and salt along with fresh yeast in a bowl.
2. Knead well using oil and water and make a soft and smooth dough. Water can be added based on the dryness of the dough.
3. Cover the dough with a moist cloth. Leave it to rise.
4. After about 2 hours, knead the dough again and divide it into two balls. Roll them in smaller circles and place them in bread tins.
5. Cover it with a moist cloth and leave it to rise for another hour.
6. Poke the dough with a fork or finger, oil it, and cover it with a moist cloth to prevent dryness.
7. After 1/2 hour, add the seaweed flakes and salt and bake at 400 degrees F for 1/2 hour.

Recipe adapted: [Seaweed-Based Recipes for Food, Health-Food Applications, and Innovative Products Including Meat and Meat Analogs | SpringerLink](#)