

Sea Vegetable Recipes

Atlantic Dulse



Nutritious Dulse adds a unique smoky flavour. Try with eggs, savoury baking, poke bowls & smoothies.

Dulse & Cheese Scones



Ingredients

- ~ 2 cups self-rising flour (or gluten-free option)
- ~ 2 tbsp dulse flakes
- ~ 1 & 1/2 cups grated tasty cheddar cheese
- ~ 3 tbsp finely grated parmesan cheese
- ~ 1/3 cup unsalted butter
- ~ 1/3 cup milk
- ~ 2 large eggs, beaten
- ~ 1/4 tsp salt
- ~ 2 tsp of chilli kelp (optional)

Method

Pre-heat oven to 220°C. Line a biscuit tin with baking paper. Sift the flour, salt & chilli (if using) into a bowl. With a fork or two knives, rub in the butter until the mixture resembles coarse crumbs. Stir through 2/3 of the cheddar cheese & Dulse flakes.

In a small bowl, stir together the eggs and milk. Add to the flour mixture and incorporate briefly with a knife. Turn onto a floured board and shape into a circle. Sprinkle with the rest of the cheddar, Dulse flakes & parmesan. Cut into squares and transfer onto the baking sheet.

Bake in the middle of the oven for 10-17 minutes, depending on the size of the scones, until golden. *Serves 8.*

Dulse Chips



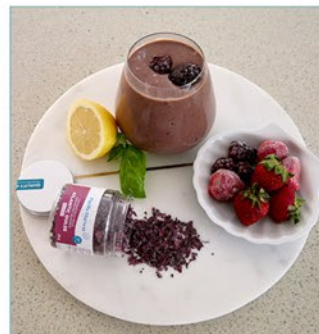
Ingredients

- ~ 1 tsp coconut oil
- ~ 2g Dulse leaves

Method

Separate the Dulse leaves until you have a single layer. Put a teaspoon of coconut oil into a fry pan and melt on a low heat. Add the Dulse leaves and cook very gently for about 1 minute or until crispy. Enjoy! *Serves 1.*

Detoxifying Dulse Smoothie



Ingredients

- ~ 1 tsp Dulse flakes
- ~ 1/2 cup frozen berries
- ~ 1/2 banana
- ~ Juice of 1/2 a lemon
- ~ 1 cup spinach
- ~ 1 tbsp chia seeds
- ~ 1/4 avocado
- ~ 1 tbsp collagen powder
- ~ 1.5 cups plant-based milk or water

Method

Add all ingredients to a blender and blend until smooth. *Serves 1.*

Butternut Squash Soup with Smoked Dulse



Ingredients

- ~ 1 large butternut squash
- ~ 1 head of garlic
- ~ Olive oil to roast the squash
- ~ 500ml of vegetable stock
- ~ 1 tbsp Kelp seasoning
- ~ Kelp salt & pepper to taste

Garnish

- ~ 1 small tin of coconut cream
- ~ Smoked Dulse flakes (1/3 tsp per person or to taste)
- ~ Black sesame seeds to garnish
- ~ Chopped parsley & macadamia nuts (optional)

Method

Heat the oven to 200°C. Cut the squash in half lengthwise, sprinkle with oil and bake in the oven with the garlic for 30 minutes or until golden & tender. Cool for a few minutes so it can be handled. Spoon the golden flesh out & squeeze the cooked garlic cloves out of their skin and transfer into a food processor.

Add some of the stock and kelp seasoning and puree until smooth. Adjust the thickness of the soup to your liking by adding more stock. Add Kelp salt & pepper to taste.

To assemble, ladle the soup into warm bowls. Drizzle with coconut cream and garnish with Dulse flakes, black sesame seeds, macadamia nuts & parsley. *Serves 6.*

Roasted Mushroom, Feta & Smoked Dulse Pasta



Ingredients

- ~ 1/4 cup olive oil
- ~ Punnet of button mushrooms
- ~ 1 tsp Smoked Dulse flakes
- ~ 2 punnets of cherry tomatoes
- ~ Handful of fresh spinach
- ~ 200g of feta
- ~ Kelp salt & pepper to taste
- ~ Fresh herbs to garnish
- ~ 1 packet of ribbon pasta

Serves 4.

Method

Preheat oven to 200°C. Thinly slice mushrooms and chop tomatoes in half then place on a baking dish. Toss with olive oil, smoked dulse, kelp salt and pepper.

Once mixed add the feta to the centre of the dish. Place dish in the oven and cook for 40 minutes.

Boil water and cook pasta per packet instructions. Strain and set aside, mixing it with a dash of olive oil to ensure the pasta does not stick.

Once the vegetables are cooked, add the pasta to the baking dish, along with fresh spinach and herbs. and mix together.

Roasted Pineapple Salsa with Dulse



Ingredients

- ~ 3-4 round slices of fresh pineapple
- ~ 1 tbsp Dulse flakes
- ~ 1/4 cup olive oil
- ~ 1/2 red onion (finely diced)
- ~ 1/4 cup coriander leaves
- ~ Juice of 1 lime
- ~ 1 fresh chilli, minced
- ~ Kelp salt & pepper to taste

Method

Roast the pineapple slices brushed with oil on both sides until brown (about 8 minutes). Let cool. Dice the pineapple and chop the other ingredients into small pieces. Stir all the ingredients together in a bowl and season to taste. Makes about 1 cup of salsa. Serves 4.

Dulse Pesto



Ingredients

- ~ 20g Dulse flakes
- ~ 50ml extra-virgin olive oil
- ~ 25g pine nuts, lightly roasted
- ~ 2 garlic cloves, crushed
- ~ 25g fresh basil leaves
- ~ 25g flat leaf parsley
- ~ 25g fresh parmesan cheese, grated

Method

Using a food processor, combine the seaweed with the other ingredients with pulse feature. Stop and turn ingredients over with a spatula and combine for 30 seconds.

By hand with a mortar and pestle, chop the ingredients finely and slowly, add the oil and cheese while mixing and churning with the pestle.

The oil helps incorporate the cheese and add to the taste, so choose high quality oil. Place the pesto in a tight jar (or simply in an air-tight plastic container), covered by a thin layer of extra-virgin olive oil, which helps keep it fresh for up to a week in the refrigerator.

Dulse Fish Pie



Ingredients

- ~ 750g assorted fish
- ~ 4 cups of milk
- ~ 2 bay leaves
- ~ 2 carrots, diced
- ~ 1 stick of celery, diced
- ~ 3 green onions, thinly sliced
- ~ 2 tbsp finely chopped parsley
- ~ 1/4 cup plain flour
- ~ 2 tbsp Dulse flakes or leaves
- ~ Mashed potatoes, seasoned with kelp salt, pepper & cream

Method

Pre-heat oven to 180°C. Chop the fish into medium sized chunks and lightly poach in milk with bay leaves, salt & pepper. Do not fully cook the fish. With a slotted spoon, place the fish in an ovenproof dish, set aside.

Add the chopped vegetables to a pan and saute until lightly cooked. Add butter and heat until foaming, then add the flour. Stir consistently for 1-2 minutes until bubbling then remove from heat.

Slowly add the strained poaching milk, whisking constantly, until smooth. Return to the heat and cook, stirring until the sauce comes to a boil, thickens, and coats the back of a spoon.

Add Dulse and gently combine with the fish mixture.

Cover with mashed potatoes and bake for 30 minutes, until browned. Sprinkle with fresh parsley, and serve with a fresh side salad or vegetables. Serves 6.