

Sea Vegetable Recipes

IRISH MOSS



Use Irish Moss gel as an egg substitute in baking. Add gel to smoothies, broths, dressings, desserts as a nourishing supplement, or apply gel directly to skin.

Irish Moss is consumed in a different way to other commonly available seaweeds. Make the Irish Moss gel first using either of the recipes below, then add the gel to your recipe.

Irish Moss Gel



There are two methods:

- ~ Simmer (with heat) or
- ~ Soaking (raw)

For either method

Rinse the dry Irish Moss seaweed thoroughly multiple times to remove any ocean debris, and to lighten the ocean aroma before you start.

Once the gel is prepared, it will set after its been in the fridge for around 2 hours. Store it in an airtight container in the fridge for up to 3 weeks.

Simmer Method

1. Add one cup (or less if you require a soft set) of cleaned Irish Moss to two cups of filtered/spring water.
2. Simmer slowly until most of the seaweed has dissolved (20 -25 minutes). Do not boil.
3. Blend with a blender until smooth, or if you prefer, remove any undissolved fragments by straining the solids through a sieve. Use a spoon to scrape the sieve if required.
4. Pour gel into a clean jar or mould to set.

Soaking Method

1. Add one cup of cleaned Irish Moss into a bowl and cover it with enough filtered/spring water to submerge the seaweed (with a little extra over the top as the seaweed will expand and absorb the water. Cover it and leave for 12 - 24 hours. You don't need to put it in the fridge.
2. As it soaks it will expand and absorb the water and become gooey/slippery to touch.
3. After soaking, use this mixture as is, or blend with a blender until smooth. Don't throw any of the water the moss has been soaking in away*, OR, if you prefer, remove any undissolved fragments by straining the solids through a sieve. Use a spoon to scrape the sieve if required.
4. Pour into a clean jar or mould to set.

* Use it on your skin or add it to your house plants if you don't want to use it in your gel.

Irish Moss Blanc-Mange



Ingredients

- ~ 12 grams dried Irish Moss seaweed
- ~ 2 cups full fat milk (or dairy free alternative)
- ~ 3 tbspcaster sugar (or alternatives like honey or stevia)
- ~ 1/2 tsp vanilla bean
- ~ 1 large egg

Serves 4.

Method

Soak the Irish Moss in warm water for 10 to 15 minutes and rinse thoroughly several times. Discard the water and place the Irish Moss, milk, lemon rind and vanilla in a saucepan. Bring to boil and simmer over the lowest possible heat for 20 to 25 minutes. As the mixture simmers it will slowly and visibly begin to thicken.

Meanwhile separate the egg and, in a bowl, beat the yolk and sweetener together until pale in colour. Pour the milk and Irish Moss through a sieve onto the sugar and egg mixture, pushing the almost melted jelly through as much as possible. Continue heating to ensure that both mixtures are evenly mixed and cooked together. Set aside to cool a bit. Beat the egg white until stiff and gradually fold into the Irish Moss mixture. Place in the refrigerator to set.

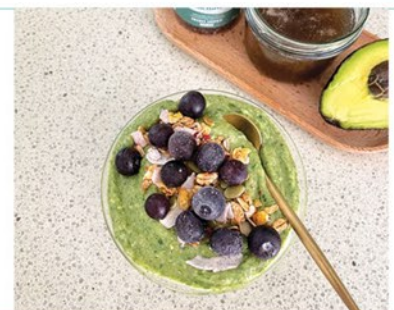
Serve chilled, garnished with your desired toppings. Try using stewed fruits, spices like cinnamon or nutmeg, a tsp of your favourite liqueur, or honey.

Olivia's Irish Moss smoothie

Ingredients

- ~ 1 small banana (ideally frozen)
- ~ 1/2 avocado
- ~ Large handful of spinach
- ~ 1 tbspc chia seeds
- ~ 1 tbspcollagen powder
- ~ 1 tbspcIrish Moss gel
- ~ 1 cup of liquid (water or plant-based milk). You may need more or less depending on desired consistency.

Serves 4.



Nourishing Broccoli Soup



Ingredients

- ~ 1/4 cup Irish Moss gel
- ~ 2 heads or about 5-6 cups of broccoli, florets and stems coarsely chopped
- ~ 3 cups of hot water
- ~ 1/2 cup of cashews
- ~ Sprinkle of seaweed seasoning to garnish
- ~ Kelp salt to taste
- ~ Drizzle of olive oil or coconut cream to serve
- ~ Fresh herbs to serve

Serves 6.

Method

Steam broccoli in vegetable steamer until bright green and slightly soft (but not mushy).

Transfer to food processor or high powered blender and process together with hot water, cashews, and Irish Moss. Add more water as needed until desired thickness is achieved.

Add Kelp Salt to taste. Drizzle with olive oil or coconut cream and garnish with fresh herbs. Serve warm.

Traditional Cough & Chest Remedy

Serves 1.



Ingredients

- ~ 2cm fresh ginger, chopped
- ~ 1 tbsp Irish Moss gel
- ~ Juice of 1 lemon
- ~ 1 tsp Manuka honey
- ~ 2 tsp fresh thyme leaves

Method

Simmer 1 cup of water with the ginger and thyme for 20 minutes. Once the water is infused, strain, then add the remaining ingredients and mix well. Serve hot.

Use Irish Moss gel in dressings & sauces

Thicken sauces with Irish Moss gel. Add 1/2 - 1 tsp to 1 cup of liquid and blend.

Replace the fat (oil & dairy products) in dressings with Irish Moss gel. Add the equivalent amount of gel as there would be fat.

Irish Moss DIY Beauty Treatments



Sunburn Soother

- ~ 1/4 cup Irish Moss gel
- ~ 1/4 cup aloe vera gel
- ~ 2 tbsp coconut oil

Hydrating Facemask

- ~ 1/2 ripe avocado
- ~ 1/2 tbsp honey
- ~ 1/2 tbsp Irish Moss gel

Irish Moss Smoothie Secret

Give your smoothies an boost of vitamins and minerals by adding Irish Moss Gel. Add 1 Tbsp of gel to your smoothie or juice!



Cherry Chocolate Avocado Pudding

Ingredients

- ~ 2 ripe avocados, pits removed
- ~ 4 tbsp raw cacao powder
- ~ 4 tbsp maple syrup
- ~ 2 tbsp Irish Moss gel
- ~ 3 tbsp non-dairy milk
- ~ 1 tsp vanilla extract
- ~ 1 cup cherries, pitted

Serves 4.



Method

Combine all ingredients, except cherries, in a food processor or blender and blend until smooth, scraping down the sides as you blend.

Taste the mixture and adjust the flavor as needed. Add more cacao powder for a deeper chocolate flavour. Add more maple syrup to sweeten it.

Serve in a small bowl and top with sliced pitted cherries.