

Sea Vegetable Recipes

KOMBU



Add Kombu (strips or leaves) to infuse broths, stocks, soups or stews with dense nutrients and wonderful umami flavours. Use Kombu Leaves to wrap food parcels.

Traditional Kombu Dashi



Ingredients

- ~ 1 Kombu Strip
- ~ 5 cups of cold water
- ~ 5g bonito flakes

Directions

Place the Kombu Strip in a pot with 4 cups of cold water. Turn the heat to medium-high and bring to a slight simmer then turn the heat off. Leave the strip for 10 minutes or more depending on the strength required, then remove it. Turn the heat back on to medium-high and wait until the seaweed stock comes to a gentle boil. Add the remaining 1 cup of water, and then the bonito flakes. Do not stir. Turn heat up until it boils again then turn off the heat. When the bonito flakes fall to the bottom of the pot, strain through a sieve or cheese cloth. Dashi is ready. *Serves 4.*

Note: To make vegan, omit bonito flakes. To add a depth of flavour, simmer a range of vegetables including carrot, onion, celery, garlic, ginger, and herbs, for 15 minutes before adding the Kombu.

Miso Soup with Kombu Dashi



Ingredients

- ~ 6 cups Kombu Dashi
- ~ 1/4 cup shiro miso (white fermented soybean paste)
- ~ 1/2 cup dried Wakame
- ~ 200-250g soft tofu, drained & cubed
- ~ 1/4 cup thinly sliced spring onions

Directions

Stir together the miso paste with 1/2 cup of Kombu dashi in a bowl until smooth. Heat the remaining dashi in a pot over medium heat until hot. Gently stir the tofu cubes and the dried Wakame. Simmer for 1 minute and remove from heat. Add the miso mixture and spring onions, combine and serve immediately. *Serves 6.*

Wrapped Salmon with Kombu Leaves



Ingredients

- ~ 2 big pieces of Kombu Leaves, rehydrated
- ~ 2 pieces of salmon
- ~ Drizzle of tamari or soy sauce
- ~ 1 lemon cut into thin slices
- ~ Handful of fresh herbs (dill, thyme, tarragon or fennel)
- ~ Kelp Salt or Seaweed Salt & pepper to taste

Directions

Pre-heat oven to 180°C. Place 2 Kombu Leaves on a lined oven tray. Place the salmon pieces on top and drizzle with tamari. Cover with thin lemon slices & fresh herbs. Season to taste and wrap each Kombu Leaf around the fish diagonally to make a wrap. Bake in the oven for 10 minutes or until the fish is just cooked. Serve immediately. *Serves 2.*

Kombu Cured Tuna



Ingredients

- ~ Enough pieces of Kombu Leaves to wrap the tuna
- ~ 1/2 lemon, plus 2 tsp fresh lemon juice
- ~ 250g sushi grade tuna loin, cut into 12 1/2 cm-thick pieces
- ~ 1/2 tsp grated orange zest
- ~ 2 tsp extra-virgin olive oil
- ~ Manuka smoked salt to taste
- ~ 2 small cos lettuce, sliced

Directions

In a bowl, cover the Kombu Leaves with warm water and let stand for 10 minutes, until softened. Drain and pat dry. Line up the Kombu side-by-side in a large dish and rub with the lemon half. Place the tuna in a single layer on the Kombu and wrap the leaves around the fish. Cover with biodegradable cling film and refrigerate for 24 hours. In a bowl, whisk together lemon juice, orange zest, oil and season with smoked salt. Toss through the cos lettuce. Peel the Kombu off the tuna and transfer to plates. Sprinkle the fish with smoked salt and serve with cos salad. *Serves 4.*