

Sea Vegetable Recipes

NORI (Karengo)



Enjoy nutritious Nori as a dramatic garnish with eggs, salads, soups, pizza, pasta, stir-fries, seafood, chocolate & ginger.

Nori Granola with Cacao



Ingredients

- ~ 1 cup plain rolled oats
- ~ 1 cup buckwheat groats
- ~ 1/2 cup coconut flakes
- ~ 1/4 cup pumpkin seeds
- ~ 1 tbsp Nori flakes
- ~ 2 tbsp cacao powder
- ~ 3 tbsp coconut oil, melted
- ~ 1/3 cup agave nectar/ honey

Method

Preheat oven to 180°. Line a baking tray. Toss all dry ingredients in a large bowl making sure they are all coated in cacao. Then place in the agave/ honey and coconut oil and mix well until all ingredients are wet.

Place on the baking tray making sure it is all evenly spread out. Cook for around 10 minutes and mix ensuring all areas can get golden. Return the granola to the oven and cook for another 8 minutes - or until golden and crunchy. Keep in an airtight container and eat within 2/3 weeks. *Serves 10.*

Raw Nori Nourish Bowl



Ingredients

- ~ 2 tbsp sesame oil
- ~ 2 tbsp tamari sauce
- ~ 1-2 tsp chilli paste (optional)
- ~ 2 tsp grated ginger
- ~ 200g mushrooms
- ~ 1 cup baby spinach leaves
- ~ 3/4 cup shredded carrot
- ~ 100g cherry tomatoes, halved
- ~ 3/4 cup shredded iceberg lettuce
- ~ 1/2 ripe avocado, sliced
- ~ Sesame, seaweed seasoning to garnish (optional)
- ~ 4g raw Nori leaves or flakes

Method

Combine sesame oil, tamari, ginger & chilli paste in a bowl and mix well. Add mushrooms to the marinade and toss to coat. Transfer to a saucepan (including marinade) and cook over a medium-high heat for approx. 5 minutes, stirring regularly.

Divide all salad ingredients between two bowls. Add mushrooms and garnish with Nori & sesame seaweed seasoning. *Serves 2.*

Dazzling Crispy Nori Crackers



Ingredients

- ~ 100g oats
- ~ 50g tapioca flour
- ~ 60g chia seeds
- ~ 40g almonds
- ~ 40g sunflower seeds
- ~ 20g Nori flakes
- ~ 20g olive oil
- ~ 4g kelp salt or seaweeds salt
- ~ 140g boiling water

Method

Preheat your oven to 150°. Add all of your dry ingredients into a food processor and blend until it resembles a fine crumb. Next, add the oil and boiling water and blend again until well mixed. Transfer mixture into a lined baking tray and use a rolling pin to flatten. Roll until the mixture is thin and even, aiming for the depth of a thin cracker.

Bake for 45 minutes until crispy. Remove from oven, let it cool, then break it up into small cracker size pieces. Eat the crackers on their own or with a dip such as guacamole! *Serves 6.*

Nori & Macadamia Pesto



Ingredients

- ~ 2 tbsp Nori flakes
- ~ 1 shallots, minced
- ~ Zest of 1 lemon
- ~ 1/3 cup macadamia oil
- ~ 1 cup basil leaves
- ~ 2 tbsp lemon juice
- ~ 2 tbsp macadamia nuts
- ~ 2 tbsp capers
- ~ Kelp salt & pepper to taste

Method

Place the minced shallots in a bowl with lemon juice and let sit for 5 minutes. Zest your lemon and put aside. Pour the shallot mixture into a blender along with the Nori, basil, lemon zest, macadamia oil, salt and capers and pulse until fine. Taste and adjust salt if need be. Add the macadamia nuts and pulse until they are in small pieces. Keep in the fridge for up to 1 week. *Serves 4.*

Nori, Tamari & Sesame Almonds



Ingredients

- ~ 1 cup almonds, soaked overnight
- ~ 1 tbsp sesame seeds, soaked overnight
- ~ 1/3 cup Nori fronds (wild or farmed)
- ~ 1.5 tbsp tamari

Method

Soak almonds and sesame seeds in a bowl of filtered water overnight. In the morning, rinse and drain well. Pour into a bowl with the Nori and tamari, stirring to combine well.

Pour onto a dehydrator sheet in a single layer and dry for 12-24 hours at 41° or until super crunchy and completely dry. Or put on an oven tray and bake at 50° fan bake (if available) with the door slightly ajar for the same amount of time. Or at 100° for 1 hour. Store in an air-tight container. *Serves 4.*

Chocolate Fondant with Nori & Ginger



Ingredients

- ~ 60g unsalted butter, plus extra to coat the moulds
- ~ 1 tbsp cocoa powder
- ~ 60g dark chocolate, broken into pieces
- ~ 3 tbsp Nori flakes
- ~ 20g crystallised ginger, grated
- ~ 1 egg + 1 egg yolk
- ~ 50g caster sugar
- ~ 1 tbsp plain flour (or gluten free alternative)
- ~ pinch of salt

Method

Pre-heat oven to 200°C and put a baking tray in the middle of the shelf. Butter the inside of 4 ovenproof Dario moulds (or ramekins), and coat with the cocoa. Put the butter and chocolate into a heatproof bowl and set over a pot of simmering water; make sure the bowl doesn't touch the water. Stir occasionally until melted. Allow to cool slightly. Add the Nori & grated ginger and combine. In a separate bowl, whisk together the egg, egg yolk, sugar and a pinch of salt until pale and fluffy. Gently fold in the melted chocolate & butter mixture and then fold in the flour. Spoon into the pre-prepared moulds, stopping just shy of the top. Put the moulds onto the hot baking tray and cook for 12 minutes, until the tops are coming away from the sides of the moulds. Leave to rest for 30 seconds and then serve turned out on plates with thickened cream & strawberries. *Serves 4.*

WildRice Salad with Nori



Dressing

- ~ 2 tbsp olive oil
- ~ 2 tbsp sesame oil
- ~ 1/3 cup shoyu
- ~ 1/4 cup rice vinegar
- ~ 1 tbsp lemon juice
- ~ Zest of 1 lemon
- ~ 2 tbsp honey
- ~ 1 tsp fresh ginger, grated
- ~ Kelp salt to taste

Ingredients

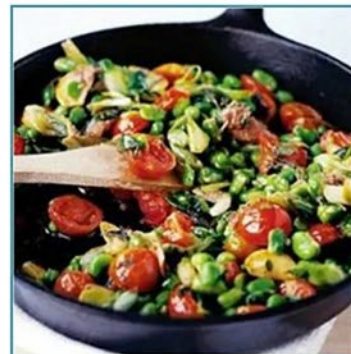
- ~ 100g extra firm tofu
- ~ Pinch of Kelp salt
- ~ 1 spring onion
- ~ 1/2 cup pecans, toasted
- ~ 1 bunch of coriander leaves, chopped
- ~ 3 cups cooked wild rice (alternatively, brown or red)
- ~ 1/2 cup Nori fronds

Method

Drain the tofu, pat dry, cube and sprinkle with Kelp salt. Cook in an oiled pan over medium heat until the tofu is firm & golden. Make the dressing by combining all ingredients. To assemble, first mix together the spring onion, pecans, coriander leaves, crumbled seaweed and the wild rice with a generous amount of dressing. Combine well and add the cooked tofu. Toss gently and add more dressing if required.

Serves 4.

Broad Bean & Nori Stir-Fry



Ingredients

- ~ 350g broad beans out of the pod
- ~ 1/4 cup Nori fronds
- ~ 460g cherry tomatoes, halved
- ~ 6 spring onions, finely chopped
- ~ 2 cloves garlic, crushed
- ~ 2 tbsp of each fresh marjoram & parsley, chopped
- ~ 3 tbsp olive oil
- ~ Kelp salt & pepper to taste

Method

Blanche the beans in boiling water for 1 minute. Drain into a sieve and hold under cold running water to stop the cooking. Drain again and peel off the outer skin.

Heat oil in a non-stick pan until hot, add tomatoes and saute over high heat until juicy and starting to caramelize. Add the spring onions and garlic and cook over a medium heat for 2 minutes, until the onions begin to soften. Add the beans and Nori fronds and cook for another 2 minutes, stirring constantly. Season and mix in the herbs. *Serves 2.*