



Recipes:

Kombu Tabouleh Salad

Halibut Tacos with Asparagus Wakame Slaw

Kombu Wild Rice Bowl

Flourless Super Seaweed Brownies with Pepitas

Kombu Tabouleh Salad

Serves 4

Ingredients

1 cup quinoa
2 cups of water
1/4 cup mint leaves, finely sliced
1/2 cup parsley, finely chopped
1/2 cup bulgar, soaked for 1 hour or more in 1/2 cup vinegar and 1 cup water
1 plum tomato, finely diced
1/2 cup of Blue Evolution kombu finely chopped
1/4 cup olive oil
1/4 cup red wine vinegar
salt to taste

Instructions

Boil quinoa in 2 cups of water for 15 minutes. Allow to rest off the heat for 15 minutes. Fluff with fork and chill.

Combine the chilled quinoa with the mint, parsley, bulgar, tomato, and seagreens. Dress with olive oil and red wine vinegar. Season with salt and let sit 1 hour before serving.

Halibut Tacos with Asparagus Wakame Slaw

Serves 4

Ingredients

1/2 pound fresh halibut
1 tablespoon olive oil
1/2 tablespoon of butter
1/2 bunch of asparagus
1/4 cup chopped kombu
2 red radishes
2 green onions
sesame slaw dressing (recipe below)
corn tortillas
sriracha crema (recipe below)
sesame seeds
lemon wedges to serve

Instructions

Preheat oven to 400°F. Season halibut with kosher salt and pepper.

Make the sesame slaw dressing (recipe below).

Bring a medium pot of salted water to a boil. The water should taste of salt, but not as salty as the sea. Break off woody asparagus ends, then chop into thirds. Slice radishes into matchsticks and place in a medium bowl. Chop green onions. Add white and light green parts to the bowl with your radishes. Blanch asparagus and sugar kelp. Cook until asparagus turns bright green, about 1-2 minutes. Be careful not to overcook as we want it to retain its crunchy bite. This happens faster than you think. Drain into a strainer and rinse with cold water to stop the cooking process.

Once cool, use your hand to lightly push on the asparagus and kelp to remove the excess water. Add to the bowl with the radishes and scallions. Add the slaw dressing and toss to combine. Taste and adjust seasoning as needed.

Heat a medium cast iron skillet or other oven safe frying pan over medium heat until hot. Add olive oil and butter (or more olive oil) .Once the butter has foamed add the halibut. Cook until brown, about 3-4 minutes. Flip and brown other side. Adjust heat as necessary if the fish is burning. Once brown on both sides, remove from heat and place in the oven to cook through. This can take from 5-10 minutes depending on the thickness of your fish and how quickly it browned on your stovetop. Check for doneness with a knife to see if it flakes easily in the center. Once cooked through let cool a moment and then flake with a fork into medium chunks.

Warm corn tortillas in another skillet over high heat or directly over the flame of a gas stovetop.

To serve spoon a good dollop of sriracha 'crema' into a tortilla, top with the warm slaw, a few pieces of halibut and finish with a garnish of dark green onions, thinly sliced radishes, sesame seeds, and wedges of lime.

Sesame Slaw Dressing

Ingredients

1 tablespoon rice vinegar

2 teaspoons sesame oil

1 teaspoon soy sauce

Juice of a medium lemon

½ teaspoon sugar, superfine if possible

¼ teaspoon kosher salt

a few shakes of fish sauce

Combine all ingredients in a small bowl or liquid measuring cup. Stir to combine. Taste and adjust salt as needed, remembering that the seaweed in the slaw will add some natural saltiness.

Sriracha Crema

Makes ½ cup

Ingredients

½ cup full fat greek yogurt or sour cream

2 teaspoons sriracha

1 teaspoon lemon juice

1 small clove of garlic, finely grated

¼ teaspoon kosher salt

Combine all ingredients in a small bowl and stir with a fork until fully combined. Taste and adjust spice, salt and acidity as needed.

Kombu Wild Rice Bowl

Serves 2

Dressing

Ingredients

2 tablespoons coconut aminos
2 tablespoons sesame oil
2 tablespoons rice wine vinegar
2 tablespoons sesame seeds

Bowl

Ingredients

1 cup wild rice
1/4 cup Blue Evolution cut kombu rinsed, dried.
1/2 cup steamed kale
1 avocado, halved
1/4 cup cucumber, diced
6 kumquats, halved

Instructions:

Cook 1 cup wild rice per package directions.

Thaw and dry kombu . Prepare salad dressing and toss with seaweed.

Cut and steam kale.

Combine quinoa, steamed kale, kombu salad, and top with cucumber, avocado, and kumquat.

Flourless Super Seaweed Brownies with Pepitas

Makes 12-24 pieces depending on size preference

Ingredients

6 tablespoons unsalted butter
8 ounces chopped semisweet chocolate
4 tablespoons of sweet seaweed paste (recipe below)
1/2 cup sugar
2 large eggs
1/4 cup cocoa powder
Pepitas for garnish
Flake salt for garnish

Instructions

Preheat oven to 350 F
Line an 8x8 baking dish with parchment paper and lightly grease it with butter.
Mix brownie ingredients and pour into baking dish.
Bake for 30 minutes or until the center of the pan is almost set.
Remove from oven and let sit for 15 minutes before cutting.

Sweet Seaweed Paste

Ingredients

2.5 ounces thawed kombu
2.5 ounces thawed wakame
2 tablespoons brown rice syrup
1 tablespoon mirin
1 tablespoon rice vinegar
1/2 teaspoon superfine sugar