



## Korean Birthday Soup

*A common soup given to new Mothers to replenish their body after giving birth. Also give nutrition to the baby through the milk. Also called Beef & Wakame Soup or SoGoGi MiYeok Guk*

**Seaweed used:** Wakame – *Undaria pinnatifida* (Weed status and plentiful locally)

### Ingredients

- ½ Cup Dried Wakame or 1 cup fresh
- ⅓ Cup Beef
- 3 Cups Water
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#### Meat Ingredients

- 1 Tbsp Soup Soy Sauce
- 1 tsp Sesame Oil
- 1 Pinch Black Pepper
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#### Seasoning Ingredients

- ½ Generous tbsp minced garlic
- ⅛ tsp Salt
- ½ Tbsp Sesame Oil
- ½ Tbsp Soup Soy Sauce

### Directions

1. Soak ½ cup of dried sea mustard for 10 minutes. The Wakame will expand to about 1 cup now. Cut up the soaked Wakame into bite sized pieces.

Note: Use [kitchen shears](#) to cut Wakame into desired size, as it can be tough to cut with a knife. Remember, seaweed will expand significantly when rehydrated, so cut into pieces much smaller than the desired finishing size. If your Wakame has a thick stem, remove this part, as it's not edible.

2. In a pan, fry ⅓ cup of chopped beef. Add 1 tbsp of soup soy sauce, 1 tsp of sesame oil, and 1 pinch of black pepper.

3. Fry it until the beef is almost cooked on medium high. Add the wakame and ½ tbsp of sesame oil. Fry it for about 3 minutes on high until the beef is completely cooked.

4. Pour 3 cups of water in the pan.

Once it starts to boil, add ⅛ tsp of salt and ½ tbsp of soup soy sauce. Taste it, and adjust the taste with salt or soup soy sauce if needed. Cook for 5 minutes on medium-high.

5. Add ½ generous tbsp of minced garlic. Cook for another 5 minutes and then turn off the heat.

Recipe adapted from Aeri's Kitchen: <http://aeriskitchen.com/>



## Sea Lettuce Pesto

**Seaweed used:** *Ulva* sp.

**Local species:** *Ulva australis*; *U. compressa*; *U. lactuca*; *U. linza*; *U. rigida*; *U. taeniata*

### Ingredients

- 1 cup of dried sea lettuce
- 1/2 cup of olive oil
- 1 garlic clove crushed
- 1/4 cup of chopped almonds or your choice of nuts
- Juice of a small lemon or lime
- 1/2 cup of chopped parsley or coriander
- salt & pepper (to taste)

### Method

1. Place the almonds in a food processor and blend.
2. Add the oil and parsley add crushed garlic add the dried sea lettuce and lemon juice and seasoning. If it is dry add more olive oil.
3. Use as you would pesto. It's also perfect as a dip with crackers or cut raw veggies. Can be added to pasta or rice too

Serve with carrots and crackers to serve with this.

Author – Cate (modified)



## Codium Salad

**Seaweed used – Codium sp.**

**Local species –** *C. australicum*; *C. duthieae*; *C. fragile*; *C. galeatum*; *harveyi*; *C. lucasii*; *C. pomoides*

### Ingredients

4 cups Codium, well cleaned  
1 small sweet onion  
1 medium tomato  
1/4 cup soy sauce  
2 teaspoons wine vinegar  
2 teaspoons sugar  
1/4 cup sherry  
1 teaspoon black pepper

### Directions

Mix dressing ingredients and pour over chopped onions. Just before serving, chop the tomatoes and Codium and toss with dressing. Garnish with slices of tomato. Chill and serve.

### Codium sp.

“Many Codium species are fleshy and have a soft texture. This leads to such common names such as “sponge weed” “rats’ feet” or “dead man’s fingers.” They are found often in the the intertidal zone on rocky shores but are also common on beaches ...

In the Hawaiians Islands Codium, after being thoroughly washed, is eaten raw, often with tomatoes. It is never cooked or blanched because it becomes soft and disintegrates from the heat. In Japan it is preserved in salt....

Codium is the favorite food of some sea slugs, snails and sea urchins. It is often found on beaches after a storm still attached to little pebbles or shells and some think that is how some beaches get the pebbles and shell build up.”

Source: <http://www.eattheweeds.com/codiums-edible-around-the-world-2/>

Article: Codium Compendium



## Mixed Seaweed Salad

Prep time – 20 min

Cook time – 5 mins

Serves: 4 people

### Ingredients

- 500g mixed seaweeds (*choose medium to small sized range or green, brown and red*)
- 150g samphire (optional)
- 3 shallots, sliced very thin
- Sesame seeds, for garnish (toasted optional)

### Dressing

- 2 tablespoons rice wine vinegar
- 1 tablespoon sesame oil
- 1 tablespoon soy sauce
- 1 tablespoon sugar
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### Instructions

1. Dressing - whisk all the ingredients together in a small bowl until the sugar dissolves.
2. Vegetables - Get a large pot of water boiling. Boil the samphire for 1 minute and then plunge into a bowl of ice water. Boil any seaweed you want to blanch (see post below) for 15 seconds, then plunge into the ice water. Pat the vegetables dry and put into a large bowl with any of the seaweeds you want to eat raw.
3. Toss the salad with the dressing and chill. You want to eat this salad very cold. When you are ready to serve, mix in the green onions and sprinkle sesame seeds on top.

Recipe modified from Hank Shaw - <https://honest-food.net/seaweed-salad-recipe/>

*From author (North American cooking Japanese dish)*

*You can make this salad with virtually any kind of seaweed you find in clean waters on any North American shoreline. If you are not in North America, you will need to identify specific seaweeds to your oceans. In the Pacific, avoid the feather boa kelp, *Egregia menziesii* -- it's just too tough to eat in a salad. You will want to keep your seaweeds cool and moist for the drive home, then wash them in cool running water when you are ready to use them. Blanch if you want. Or eat the little crustaceans that hang onto the seaweed (protein!), whichever.*

## Seaweed Chips – Great for the Kids

Seaweed used – Nori *Porphyra sp.*

Local species – *P. woolhousiae*; *P. columbina*; *P. lucasii*

### Ingredients

4 sheets of toasted nori

- toasted sesame oil
- sea salt
- Paprika (optional)

### Oven method

1. Preheat oven to 250 degrees F.
2. Cut Nori into small squares using a sharp scissors.
3. Place Nori onto cookie sheet and using a pastry brush, brush a light coating of toasted sesame oil onto both the front and backs of the squares.
4. Sprinkle a little sea salt on them.
5. Bake for 15 to 20 minutes.
- 6 . Let cool and then place into an airtight glass container.

Recipe by Lily Malterre

## **Seaweed foraging and cookbooks to get you started**

**Seaweeds: Edible, Available, and Sustainable** Hardcover – June 14, 2013  
by Ole G. Mouritsen (Author),? Jonas Drotner Mouritsen (Photographer),? Mariela Johansen (Translator)

**Sea Vegetables, Harvesting Guide** 2nd Edition  
by Evelyn McConnaughey (Author)

**Ocean Greens: Explore the World of Edible Seaweed and Sea Vegetables: A Way of Eating for Your Health and the Planet's** Hardcover – October 18, 2016  
by Lisette Kreisler (Author),? Marcel Schuttelaar (Author),? North Sea Farm (Author)

**Pacific Seaweeds:** Updated and Expanded Edition Paperback – June 4, 2016  
by Louis Druehl (Author),? Bridgette Clarkston (Author)

**A Field Guide to Seaweeds of the Pacific Northwest Pamphlet** – May 30, 2015  
by Bridgette Clarkston (Author)

**The New Seaweed Cookbook**, Second Edition: Over 100 Gluten and Dairy Free Recipes for an Anti-Inflammatory, Nutrient Dense Diet Paperback – November 10, 2015  
by Crystal June Maderia (Author),? Josephine Spilka M.S L.Ac. (Foreword)

**Edible Seashore: River Cottage Handbook No.5** Hardcover – 4 May 2009  
by John Wright

**Common seaweeds of the Pacific coast** Paperback – 1977  
by J. Robert Waaland (Author)

**Edible Wild Plants & Herbs: A Compendium of Recipes and Remedies** Hardcover – 31 Jul 2007  
by Pamela Michael

**Irish Seaweed Kitchen (The comprehensive guide to healthy everyday cooking with seaweeds)** Hardcover – 1 Nov 2009 by Prannie Rhatigan

**Seaweed in the Kitchen (The Coastline Kitchen) (The English Kitchen)** Paperback – 24 May 2015  
by Fiona Bird

**The Seaweed Cookbook** Hardcover – 25 Aug 2016  
by Xa Milne