Sea Greens Recipes

To buy sea greens for cooking, you can order directly from Blue Evolution’s website at www.blueevolution.com or from Atlantic Sea Farms at www.atlanticseafarms.com.

Brooks Headley Recipes

barbecue kelp and carrots

1/4 cup olive oil
1 white onion, finely diced
2 cloves garlic, thinly sliced
2 cups water
1/2 cup maple syrup
1/2 cup tomato paste
1/2 cup white wine vinegar
2 teaspoons molasses
2 tablespoons yellow mustard
1 tablespoon hot sauce (your choice)
Salt
Freshly ground black pepper
Smoked paprika

Sweat the onion and garlic with 1/4 cup of olive oil until soft. Add the rest of the above ingredients, and simmer slowly until the sauce is reduced and thickened.

1 pound large carrots, sliced on the diagonal
1/4 cup olive oil
Salt and pepper, to taste
1/2 cup fresh kelp ribbons
1/2 cup labneh or Greek yogurt, fresh Crushed corn chips
1/2 pound mustard greens
Freshly squeezed lemon juice
Bread crumbs, as garnish

Roast carrots at 400 degrees Fahrenheit with the olive oil and salt and pepper until softened and charred around the edges. Toss together with the kelp and barbecue sauce until coated. Top mixture with a dollop of yogurt and some crushed corn chips. Dress mustard greens lightly with a good squeeze of lemon juice and salt, and add on top of the carrot-and-kelp mixture. Sprinkle bread crumbs over the top, and dress with a squirt of olive oil. Serve immediately.
kelp noodles with tamarind and peanuts and seared tofu

This is our version of take-out pad thai, with the kelp “noodles” taking the place of the traditional rice noodles.

- 3 tablespoons tamarind concentrate
- 2 tablespoons rice vinegar
- 1/2 cup soy sauce
- 1/2 cup water
- 1/4 cup dark-brown sugar
- 2 tablespoons sriracha

Combine all the above ingredients, and bring to a boil. Allow to cool.

- 2 cloves garlic, sliced
- 1 tablespoon peanut oil, plus more for cooking tofu
- 1 cup sliced red bell pepper
- 16 ounces rm tofu, cut into 1/2-inch dice
- 16 ounces kelp noodles
- 1 bunch scallions, chopped
- 1 red onion, thinly sliced, soaked in lemon juice for 1 hour
- 1/2 cup bean sprouts
- Cilantro
- Juice of 2 limes
- Chopped roasted peanuts

In a large sauté pan over high heat, cook the garlic in a tablespoon of peanut oil until lightly browned. Add the sliced bell pepper, and cook until slightly charred, just a few minutes. Decant onto a sheet pan, and allow to cool. To the same hot pan, add the tofu and a bit more peanut oil, and cook until golden and crisp. Add the red-pepper-and-garlic mixture back into the pan, and toss to combine. Add kelp noodles, and toss to combine. Add 1/2 cup of tamarind sauce o heat, and toss until fully coated. Top with scallions, some of the drained sliced red onion, the bean sprouts, a handful of cilantro, the lime juice, and a dusting of the roasted peanuts. Serve immediately.
**zucchini and kelp cake with seaweed aioli**

This is a vegan variation on crab cakes, using kelp as the sea element, with a creamy eggless mayo studded with seaweed.

- 3 tablespoons golden ax seed, ground
- 1/2 cup water

In a medium saucepan, combine the ground ax and water, and heat, stirring occasionally, until you have a thick slurry.

- 1 tablespoon Dijon mustard
- 1 tablespoon cane sugar
- 2 teaspoons salt
- 1/4 cup cider vinegar
- 2 cups grapeseed oil
- 1/2 cup chopped kelp

To the bowl of a food processor with the blade attachment, add the ax slurry along with the mustard, sugar, salt, and vinegar. Pulse and stream in the grapeseed oil until a stable mayolike consistency is achieved. Add the kelp, and process until it’s studded throughout the dressing. The kelp will not totally break down, but will remain in tiny pieces in the mayo. This makes more than you will need, but it holds well in the refrigerator for 1 week.

- 2 cups grated zucchini
- 1 teaspoon salt
- 1 cup bread crumbs
- 2 teaspoons Old Bay Seasoning
- 2 tablespoons seaweed aioli (see above)
- 1 teaspoon Dijon mustard
- Freshly ground black pepper
- 3 tablespoons chopped fresh parsley
- 1 cup chopped kelp
- A few glugs extra-virgin olive oil, for sautéing
- Fresh lemon juice, to garnish

Combine the grated zucchini with the salt, and set in a strainer; place a ziplocked bag filled with ice on top of it. Allow the zucchini to drain for 30 minutes. Mix the drained zucchini with the remainder of the ingredients (except the lemon juice) until combined and sticky. Form into patties, and sauté in olive oil over high heat until golden on both sides. Top each cake with a dollop of the seaweed aioli and a squirt of lemon juice. Serve immediately.
brown rice salad with tahini yogurt, fried kelp, and pomegranate jalapeño syrup

A fresh-tasting, nutty rice salad with Israeli flavors and fried bacony-tasting kelp as the condiment.

2 cups brown rice
Salt
3 1/2 cups water

Toast the brown rice over medium heat until nutty. Add the water and salt, bring to a boil, and then drop the heat to a simmer. Cook until all the water is gone. Remove from heat and cover, allow to steam on heat for 30 minutes.

1 cup tahini
Juice of 4 lemons
Water as needed
2 tablespoons maple syrup
1/2 teaspoon toasted sesame oil
Salt
Freshly ground black pepper

Combine all ingredients in a food processor fitted with the blade attachment, thinning and emulsifying with water as necessary to obtain a smooth, silky purée.

3 cups grapeseed oil
1 cup kelp noodles
Kosher salt

Heat oil to 375 degrees in a tall, heavy pot. Pat kelp dry between paper towels. Fry one piece at a time. Be careful—there will be oil spatters. Drain on a rack, and season each round with salt. Reserve. 1 cup pomegranate molasses 3 tablespoons roasted chopped jalapeño Combine, and allow to sit. The jalapeño will release water and thin out the molasses. 1/2 cup chopped fresh scallions, to garnish Mix the tahini dressing with the brown rice, and toss to combine. The mixture should be dressed but not soupy. Top with the fried kelp. Drizzle the mixture with the jalapeño syrup, and top with the chopped scallions. Serve immediately.
kelp and cauliflower scampi

Shrimp scampi is everyone's favorite Italian American dish. Here we replace the shell fish with kelp “noodles” and bulk it up with a good-for-you brassica, in the form of cauliflower. The sauce is vegan and contains no butter.

- 5 cloves garlic, thinly sliced
- 2 cups dry white wine
- 1/4 cup freshly squeezed lemon juice
- 2 cups extra-virgin olive oil
- 1 pinch carrageenan or xanthan gum
- Chili flakes, to taste
- Fresh parsley, to taste, plus more to garnish
- Salt, to taste
- Freshly ground black pepper, to taste
- Capers, to taste
- 2 pickled cherry peppers, with 2 tablespoons brine

Cook the garlic in the white wine, and boil off the alcohol. Add lemon juice and olive oil, remove from heat, and emulsify with a whisk. Add xanthan gum, and whisk until slightly thickened, to the consistency of warm butter. Season with chili flakes, fresh chopped parsley, salt, and pepper. Dice a few capers and the cherry peppers, and add to taste. Finish with the pickle brine. This will make more sauce than you need, but it holds well in the refrigerator for a week.

- 1 tablespoon extra-virgin olive oil
- 1 pound cauliflower, cut into florets
- 12 pound fresh kelp

In a large sauté pan over very high heat, heat the olive oil and the cauliflower in one layer. When the cauliflower has softened slightly and browned, add kelp “noodles” and toss to combine. Remove from heat, and add 1 cup of the scampi sauce, so that the kelp and cauliflower are well coated. Add chopped fresh parsley, and serve immediately.
shrimp fra diavolo with kelp

2 tablespoons extra-virgin olive oil
1 cup finely diced onion (from 1 medium onion)
5 cloves garlic, sliced
1 tablespoon chili flakes
One 16-ounce can crushed tomatoes
1 teaspoon sugar
1/2 tablespoon salt
4 cups kelp noodles
12 large raw shrimp, shelled, deveined, and diced
12 leaves basil, torn
Grated Parmesan (optional)

To a medium saucepan over medium heat, add the olive oil and onion. Sauté the onion for about 3 to 5 minutes, until softened and slightly colored. Add the garlic and chili flakes, and sauté for another minute. Add the tomatoes, sugar, and salt, and bring to a boil. Once it’s boiling, lower the heat to a slow simmer, and cook for 15 minutes. Taste for seasoning at this point, and adjust as needed. Add the kelp, and heat through, about 5 minutes (or to desired tenderness), and then add the shrimp. Cook gently for another 4 minutes, until the shrimp are cooked and tender. Fold in the basil, and serve. Put fresh Parmesan on top if desired.

kelp butter

2 tablespoons extra-virgin olive oil
1 cup diced onion (from 1 medium onion)
10 garlic cloves, thinly sliced
Sea salt
Freshly ground black pepper
2 cups chopped sugar kelp
1 pound high-quality butter, at room temperature

Pour the olive oil into a sauté pan, and place the pan over medium heat. Add onion and garlic, season with salt and pepper to taste, and sweat the vegetables until they’re soft and transparent. Add the kelp, and sauté until it changes from dark green to lighter greenish brown and melds together. Allow to cool slightly, then add to a food processor along with the butter, and blend until well incorporated. Season with salt and pepper to taste, and serve with crostini or warm bread.
kelp and orzo soup

- 4 tablespoons extra-virgin olive oil
- 1 cup diced carrots (from 2 large carrots)
- 1 cup diced onion (from 1 medium onion)
- 1 cup diced celery (from 4 stalks celery)
- 3 cloves garlic, chopped
- 2 cups chopped kelp
- 1 tablespoon salt
- 1 teaspoon freshly ground pepper
- 2 quarts vegetable stock
- 1 cup orzo

In a large stock pot, over medium heat, heat the olive oil. Add the carrots, onion, celery, and garlic. Sweat the vegetables for about 10 minutes, until they have softened. Add the kelp, salt, pepper, and vegetable stock. Bring to a simmer, and simmer gently for 30 minutes, until all the flavors have melded together. Add the orzo at this point, and simmer until it’s tender, about 10 minutes. If soup gets a little thick, you can add a little more stock to adjust.

Excerpted from EAT LIKE A FISH by Bren Smith. Copyright © 2019 by Bren Smith. Excerpted by permission of Alfred A. Knopf, a division of Penguin Random House LLC. All rights reserved. No part of this excerpt may be reproduced or reprinted without permission in writing from the publisher.