

## The Seaweed Cookbook

***A delicious way to better nutrition. Seaside societies have included seaweed in their diets for millennia. Today we are rediscovering what they have long known: seaweed provides a nutritional punch, a powerful mix of iodine, iron, vitamin C, antioxidants, fiber, vitamin K, vitamin B12; minerals, fiber and protein. It is linked to lower rates of cardiovascular disease, Type 2 diabetes and obesity and it is believed to help in the prevention and treatment of cancer. The Seaweed Cookbook covers all aspects of seaweed. It is for those who would like to incorporate this powerful food into their diet and it is for those who already enjoy it and want to discover new recipes. The book explains the benefits of eating seaweed, where to buy it, how to collect it (if you're lucky enough to live seaside), and how to dry, store, soak and handle it as an ingredient. Most importantly, there are 50 easy and delicious recipes. There are many kinds of seaweed used in the recipes, each with its own taste profile, uses and benefits: Arame - mild, almost sweet, the best introduction to sea vegetables Nori - the common sushi wrapper, great toasted Kombu - an aromatic base for a broth, used in miso soup and other Japanese dishes Wakame - related to kombu, believed to have fat burning properties that could fight obesity Hijiki - for natural beauty, its deep black color can be off-putting for some people Dulse - a snack seaweed packed with protein and iron, often used as a salt Agar - used as a thickener in sweet and savory dishes, with mild laxative properties Kelp - packed with vitamins, minerals and iodine; useful for***

*a number of health issues Alaria - light green and almost transparent Sea palm - wavy fronds are mild, almost nutty-tasting. The Seaweed Cookbook includes recipes for appetizers, main and side dishes, baking, such as scones and shortbread, an amazing granola and as a chocolate flavoring. A little seaweed goes a long way, so it is perfect as a seasoning, whether in salt or infused in oils and dressings, and mixed with seeds. There are savory broths, salads and stews and because it is so good for our skin, there are recipes for body scrubs, seaweed soaks and masks.*

*No one has been more responsible for the recent explosion of interest in bone than New York City chef Marco Canora. After completely revitalizing his health by integrating bone broth into his diet, Marco began to make his nourishing broths available by the cupful to New Yorkers from a small window in his East Village restaurant, drawing sell-out crowds virtually from the beginning. No longer just a building block for soups and sauces, bone broths are now being embraced for their innumerable health benefits, from cultivating a healthier gut to greater resistance to colds and other illnesses. In Brodo, Marco shares the recipes for his flavorful, nutritious broths and shows how to serve them year round as well as incorporate them into recipes and as a daily health practice. Perfect for stirring into a broth bowl or a pot of risotto, as a more gentle, supportive alternative to the afternoon caffeine fix, and an immunity and health booster any time, the homey bone broths in Brodo should be a part of every well-stocked pantry.*

*Long known for its nutrient-packed versatility, seaweed is the latest must-have superfood, full of*

***minerals and umami tastes. Whether dried, rehydrated, or eaten raw, treated as a vegetable, flaked and sprinkled as a seasoning, or munched as a crispy snack, seaweeds offer wide-ranging possibilities in many meals and drinks. In this book, you will find 50 delicious seaweed recipes that can be made by almost anyone. Divided by the seaweed type, these delightful dulse, nori, arame, kelp, kombu, and wakame seaweed recipes, will show you a new way of cooking that will reward you with highly enjoyable and beneficial meals.***

***This updated and expanded guide thoroughly documents every aspect of seaweed life, from species identification and seaweed biology to the essential—and often surprising—roles seaweed plays in the marine ecosystem and our everyday lives. Seaweeds are used in everything from cosmetics to sustainable biofuels, and some species, like kelp, contribute to the remediation of coastal ecosystems. Featuring an attractive new full-color design, the expanded Pacific Seaweeds includes updated species descriptions, dozens of additional color photos, new species discovered since the original edition, and brand-new sections on common shore plants and the use of DNA techniques to discover, catalog and identify seaweeds. It also features several new recipes and an essay on umami—because in addition to all its other uses, some species of seaweed make delectable food. Packed with illustrations, vivid color photographs, comprehensive scientific information and further readings, this easy-to-use guidebook will appeal to marine biologists, amateur beachcombers, gourmet foragers and everyone in between.***

***A Contemporary, Plant-Based Ayurvedic Cookbook***

*The Seaweed Jelly-Diet Cookbook Guide*

*A Bone Broth Cookbook*

*A California Indian Feast*

*Edible Seaweeds of the World*

*The Comprehensive Guide to Healthy Everyday*

*Cooking with Seaweeds*

*Discover the health benefits and uses of seaweed,  
with 50 delicious recipes*

**This ambitious work is comprised of five books in one - a health reference manual, nutrition resource, sea vegetable cookbook, bath and body how-to book, and an ocean forager's guide. Discover the healthful benefits of seaweed --- vegetables of the sea and earth's most abundant, nutritionally complete, and mineral-rich whole food.**

**Champions seaweed as a staple food while simultaneously explaining its biology, ecology, cultural history, and gastronomy.**

**Recent trends suggest a wide range of consumer concerns in food choice and consumption. Increasingly, buyers prefer organic and locally produced ingredients; good taste; high nutritional and medicinal value; and low-allergen factors. The humble seaweed, nature's richest source of iodine and loaded with minerals, addresses all these concerns. In this combination cookbook and food guide, Crystal June Madeira explains the properties of each variety of seaweed—kombu, nori, arame,**

wakame, and dulse—and provides simple instructions for its preparation in delicious recipes such as Lime Cumin Aioli, Sautéed Wakame and Green Beans, Summer Chicken Soup with Sea Palm, and Baked Figs with Honey Lemon Thyme Sorbet. Seaweed's healing properties in detoxifying the body, alleviating cramps, and lowering blood pressure, have been well documented. That factor, along with the absence of gluten and other allergy triggers, make these recipes ideal for anyone seeking improved health, as well as those who enjoy sea vegetables in Japanese cuisine and want to learn how they can eat them more often. Maderia includes current information on how to purchase local foods, and a directory of seaweed harvesters worldwide.

**Seaweed And Eat It** is the foodie's answer to **The Dangerous Book for Boys**, and a nostalgic journey of rediscovery for the whole family. Part cookbook, part natural history guide, with tasty recipes, fascinating folklore and inspiring ideas for seasonal feasts, **Seaweed** leads the reader through the process of identifying, learning about and cooking unusual and native wild foods. From discovering edible wild plants and flowers, to creating delicious seasonal feasts, **Seaweed** puts the fun into foraging and injects a sense of adventure into preparing dinner. For

**anyone interested in the origins of their food - or who's shocked by the price of elderflower cordial - this inspirational cookbook will ensure mealtimes are never dull. This revised edition is black and white.**

**A Guide to Edible Seaweeds and Delicious Recipes to Cook with Them  
Eatweeds Cookbook**

**Cook Korean!**

**Edible, Available, and Sustainable Brodo**

**Eat Like a Fish**

**Updated and Expanded Edition**

While seaweed remains a core culinary ingredient in Asia, these traditions are enjoying a resurgence across the world, from California to Cornwall, Norway, Sweden and Denmark. Seaweed is one of nature's healthiest foods. Rich in vitamin B12, it is particularly good for vegans as this vitamin is usually found in animal sources. It also contains iodine, which helps promote a healthy metabolism. A little seaweed goes a long way and so it is perfect as a seasoning, whether in salt or infused in oils and dressings. It can be used to flavour both sweet and savoury, from broths, salads and stews to scones, shortbread, chocolate and granola. And because it is so good for our skin, there will also be recipes for body scrubs, seaweed soaks and masks.

The Seaweed Cookbook Penguin UK

The husband-and-wife team behind one of New York City's and Nashville's favorite pizza places share the secrets behind their acclaimed restaurants in a cookbook

featuring more than 100 recipes. NAMED ONE OF THE BEST COOKBOOKS OF FALL 2018 BY THE NEW YORK TIMES AND PUBLISHERS WEEKLY Legions of fans line the block as they flock to Emily and Matt Hyland's flagship restaurants EMILY and the popular spinoff Emmy Squared. Now, with their irresistible debut cookbook, they share their delicious and doable recipes—no wood-fired oven or fancy equipment required. You'll be shown how to re-create such crowd-pleasing favorites as their famous round pizza, the iconic Detroit pan pizza, and their legendary EMMY Burger, the juicy wonder that tops many New York City "Best Burger" lists. But EMILY: The Cookbook is more than pizza and burger perfection. You'll also find recipes for small plates (Nguyen's Hot Wings with Ranch Dip), salads (Shredded Brussels Sprouts with Blue Cheese, Bacon, and Miso Dressing), sandwiches (Lobster Salad Sandwich), pasta (Campanelle with Duck Ragù), cocktails (a Killer Colada), and scrumptious desserts (Rocky Road Brownies with Rum Ganache Dip). Packed with photos and handy tips, EMILY: The Cookbook is a fabulous find for people who want new ways to entertain, feed, and wow their friends and family. Praise for EMILY: The Cookbook "With EMILY: The Cookbook, the chef Matthew Hyland and his wife and business partner, Emily Hyland, deliver what is perhaps the first really full-throated American pizza cookbook."—Sam Sifton, *The New York Times* "The husband-and-wife culinary team behind the New York City restaurants Emily and Emmy Squared serve up more than 100 recipes in their excellent debut collection. . . . The Hylands bring an eclectic flair to some of America's favorite foodstuffs . . . culled from their restaurant menus, but designed for home kitchens."—*Publishers Weekly* (starred review)

The Irish Cookbook showcases the true depth of Irish cuisine, its ingredients, and its fascinating history, as never before Ireland's remarkably rich food heritage dates back millenia and, in The Irish Cookbook, acclaimed chef Jp McMahon captures its unique culinary origins and varied influences. Irish food is the summation of what the land and sea gives; the book's 480 home-cooking recipes celebrate the range and quality of Ireland's bounty, from oysters and seaweed on its west coast to beef and lamb from its lush green pastures, to produce and forage from throughout the island. Presenting best-loved traditional dishes together with many lesser-known gems, this book vividly evokes the warmth, hospitality, and culinary spirit of the Emerald Isle.

Mastering the Elements of Good Cooking  
A Seaweed Cookbook

Nature's Secret to Balancing Your Metabolism,  
Preventing Disease, and Revitalizing Body & Mind  
A Family Foraging and Cooking Adventure

The Irish Cookbook

Discover the Health Benefits and Uses of Seaweed, with  
50 Delicious Recipes

Sea Vegetable Celebration

*Seaweed is so familiar and yet its names - pepper dulse, sea lettuce, bladderwrack - are largely unknown to us. In this short, exquisitely illustrated portrait, the Dutch poet and artist Miek Zwamborn shares her discoveries of its history, culture and use, from the Neolithic people of the Orkney Islands to sushi artisans in modern Japan.*

*Seaweed troubled Columbus on his voyages across the Atlantic, intrigued von Humboldt in the Sargasso Sea and inspired artists from Hokusai to Matisse. Covering*

*seaweed's collection by Victorians, its adoption into fashion and dance and its potential for combating climate change, and with a fabulous series of recipes based around the 'truffles of the sea', this is a wonderful gift for every nature lover's home.*

*This beautifully illustrated new edition of The New Seaweed Cookbook is a must-have collection of 106 delicious recipes featuring the rich and deeply nourishing flavors of sea vegetables of all kinds. Known for its healing properties in detoxifying the body and reducing inflammation, seaweed is the most abundant food on Earth—a nutrient-dense super food with a long history of medicinal uses. Author and chef Crystal June Maderia provides exciting options—such as Hijiki Caviar; Roast Lamb with Mint, Arame, and Kumquat Jam; Maple Toffee with Black Cumin—for vegans and meat-eaters and everyone in between. Her recipes are formulated to complement healing diets—including those suggested for arthritis, autism, fibromyalgia, celiac disease, and dairy and wheat intolerances—and are free from ingredients commonly identified with sensitivities, intolerances, and allergens. With easy-to-follow instructions and easy-to-find ingredients, Maderia's recipes will awaken taste buds with their unique flavors of sea vegetables. Rich dark greens, purples, and blacks of a variety of sea vegetables accentuate other flavors while providing concentrated nutritional value and a diverse range of minerals essential to achieving and maintaining optimal health. B-vitamin folate, magnesium, iron, calcium, riboflavin, pantothenic acid, iodine, and lignans deliver nourishment to the hormonal, lymphatic, urinary,*

*circulatory, and nervous systems while soothing the digestive tract, dissolving fatty build-ups in the body, and protecting cells from cancer and radiation. Get your fill of the ocean's leafy greens and bring the serious umami of wakame, nori, and kelp into your cooking repertoire.*

*From the Trade Paperback edition.*

*An Eater Best Cookbook of Fall 2020 From caramelized onions to fruit preserves, make home cooking quick and easy with ten simple "kitchen heroes" in these 125 recipes from the New York Times bestselling and award-winning author of Deep Run Roots. "I wrote this book to inspire you, and I promise it will change the way you cook, the way you think about what's in your fridge, the way you see yourself in an apron." Vivian Howard's first cookbook chronicling the food of Eastern North Carolina, Deep Run Roots, was named one of the best of the year by 18 national publications, including the New York Times, USA Today, Bon Appetit, and Eater, and won an unprecedented four IACP awards, including Cookbook of the Year. Now, Vivian returns with an essential work of home-cooking genius that makes simple food exciting and accessible, no matter your skill level in the kitchen. Each chapter of This Will Make It Taste Good is built on a flavor hero—a simple but powerful recipe like her briny green sauce, spiced nuts, fruit preserves, deeply caramelized onions, and spicy pickled tomatoes. Like a belt that lends you a waist when you're feeling baggy, these flavor heroes brighten, deepen, and define your food. Many of these recipes are kitchen crutches, dead-easy, super-quick meals to lean on when you're limping toward dinner. There are also kitchen projects,*

*adventures to bring some more joy into your life. Vivian's mission is not to protect you from time in your kitchen, but to help you make the most of the time you've got. Nothing is complicated, and more than half the dishes are vegetarian, gluten-free, or both. These recipes use ingredients that are easy to find, keep around, and cook with—lots of chicken, prepared in a bevy of ways to keep it interesting, and common vegetables like broccoli, kale, squash, and sweet potatoes that look good no matter where you shop. And because food is the language Vivian uses to talk about her life, that's what these recipes do, next to stories that offer a glimpse at the people, challenges, and lessons learned that stock the pantry of her life.*

**NEW YORK TIMES BESTSELLER • A FOOD52 BEST COOKBOOK OF THE YEAR** • Join Brad Leone, star of *Bon Appétit's* hit YouTube series *It's Alive*, for a year of cooking adventures, tall tales, and fun with fire and fermentation in more than 80 ingenious recipes. Come along with Brad Leone as he explores forests, fields, rivers, and the ocean in the hunt for great food and good times. These pages are Brad's field notes from a year of adventures in the Northeast, getting out into nature to discover its bounty, and capturing memorable ideas for making delicious magic at home anytime. He taps maple trees to make syrup, and shows how to use it in surprising ways. He forages for ramps and mushrooms, and preserves their flavors for seasons to come. He celebrates the glory of tomatoes along with undersung fruits of the sea like squid and seaweed. Inspiration comes from hikes into the woods, trips to the dock, and

*cooking poolside in the dead of summer. And every dish has a signature Brad Leone approach—whether that’s in Sous Vide Mountain Ribs or Spicy Smoked Tomato Chicken, Sumac Lemonade or Fermented Bloody Marys, Cold Root Salad, Marinated Beans, or just a few shakes of a Chile Hot Sauce that’s dead simple to make. This is a book about experimentation, adventure, fermentation, fire, and having fun while you’re cooking. And hey, you might just learn a thing or two. Let’s get going!*

*Seaweed Chronicles*

*Pacific Seaweeds*

*Field Notes for Food Adventure*

*Prannie Rhatigan's Irish Seaweed Kitchen*

*A Comic Book with Recipes*

*The Seaweed Jelly-Diet Cookbook Guide: Simply Gourmet! Discover the Secrets to Savory Flavors, Creamy Textures, and Nutritional Weight Loss - Naturally!*  
*Perfect Seaweed Cookbook*

Introducing Eat Feel Fresh, an all-encompassing healthy cookbook with over 100 healing recipes. Venture on a journey of wellness and serenity with the ancient science of Ayurveda. New to Ayurveda? No worries, we've got you covered! Ayurveda teaches that food is a divine medicine with the power to heal, and is packed with holistic healing recipes suited for your individual needs. This beautifully illustrated cookbook gives a detailed look at how to eat according to your body's specific needs, and will help you connect with your inner self. Dive straight in to discover: - Over 100 deliciously recipes including

vegan and gluten-free options - A clear easy-to-follow overview of basic Ayurvedic principles - Comprehensive quizzes to identify your mind-body type to determine the best foods for your body. - A core focus on make-ahead meals designed for a modern healthy lifestyle Looking to develop a new you this New Year? Then look no further! Eat Feel Fresh emphasizes a modernized, plant-based approach to Ayurvedic eating, encouraging you to learn how changes in season and climate affect your digestion and how to adjust what you eat accordingly. Fall in love with cooking and change your relationship with food for the better with this contemporary vegan Ayurvedic cookbook: a must-have health book for anyone interested in adopting Ayurvedic principles to their lifestyle. Doubling up as the perfect gift for yoga practitioners who want to complement their physical practice through nutrition and lifestyle, or generally anyone interested in holistic healing to achieve a healthier, more balanced lifestyle. Wellness of the mind and body is vitally important in how we function as human beings. This healthy eating cookbook provides an essential guide on how to best take care of our most precious asset holistically. It has a personal narrative and author-driven success story as well as practical guidance and beautiful photography, to help you best integrate traditional Ayurvedic wisdom and contemporary nutritional science into your diet.

IKEA's future living lab SPACE10 has made their first ever cookbook with a collection of recipes based on future food trends. What we eat today shapes tomorrow. Considering the world's food production is challenging the planet, we need to eat in alternative ways – now and in the future. Future Food Today is a collection of recipes based on future food trends, straight from the SPACE10 food lab and test kitchen. The book expresses SPACE10's beliefs around food and food production. From “dogless hotdogs” and “algae chips”, to “bug burgers” and “microgreen popsicles”, it's packed with dishes we could one day be eating on a regular basis. It also includes simple guides to producing food locally and sustainably, and explains how to use alternative ingredients, gastronomic innovation and technology—such as hydroponic farming—to offer an alternative to the planet's growing demand for food and excessive consumption of meat. Features • Future Food Today is both a coffee table book and a kitchen tool, challenging the category of cookbooks both visually and conceptually. • It frames the zeitgeist around food and future food in a visually appealing and easily understandable way. • Futuristic and aspirational, this cookbook with a lab mindset offers a down-to-earth and hands-on approach to food.

The foods and food lore of Native California  
Simply Gourmet! Discover the Secrets to Savory  
Flavors, Creamy Textures, and Nutritional Weight

Loss - Naturally! The Diet to End World Hunger! A Cookbook Guide for the Western Chef. Forget everything you know about seaweed. This cookbook guide explains how to prepare dried seaweed into the perfect weight loss, and nutritional flavor-enhancing food additive. Learn to make seaweed into a tasteless inexpensive nutritious weight loss liquid, for shakes, teas, and frozen cocktails; or a nutritional taste-enhancing jelly, for soups, dips, and stews; or a rich fat-free seaweed paste, which adds creamy textures to cakes, puddings, and breads. Seaweed Jelly used as a food-extender will revolutionize the fast-food industry, for it makes your recipes less expensive and more nutritious.

Explore the World of Edible Seaweed and Sea Vegetables: A Way of Eating for Your Health and the Planet's

Korean American

Recipes and Stories from the Woods to the Ocean  
Just One Cookbook

Korean Cooking Outside the Lines

Harvesting Guide & Cookbook

A Cook's Guide to West Coast Foraging and Cuisine

***NEW YORK TIMES BESTSELLER • ONE OF THE MOST ANTICIPATED COOKBOOKS OF 2022—Time, Food52, Eater, Food & Wine, Thrillist, Book Riot An homage to what it means to be Korean American with delectable recipes that explore how new culinary traditions can be forged to honor both your past and your***

*present. “This is such an important book. I savored every word and want to cook every recipe!”—Nigella Lawson, author of Cook, Eat, Repeat New York Times staff writer Eric Kim grew up in Atlanta, the son of two Korean immigrants. Food has always been central to his story, from Friday-night Korean barbecue with his family to hybridized Korean-ish meals for one—like Gochujang-Buttered Radish Toast and Caramelized-Kimchi Baked Potatoes—that he makes in his tiny New York City apartment. In his debut cookbook, Eric shares these recipes alongside insightful, touching stories and stunning images shot by photographer Jenny Huang. Playful, poignant, and vulnerable, Korean American also includes essays on subjects ranging from the life-changing act of leaving home and returning as an adult, to what Thanksgiving means to a first-generation family, complete with a full holiday menu—all the while teaching readers about the Korean pantry, the history of Korean cooking in America, and the importance of white rice in Korean cuisine. Recipes like Gochugaru Shrimp and Grits, Salt-and-Pepper Pork Chops with Vinegared Scallions, and Smashed Potatoes with Roasted-Seaweed Sour Cream Dip demonstrate Eric's prowess at introducing Korean pantry essentials to comforting American classics, while dishes such as Cheeseburger Kimbap and Crispy Lemon-Pepper Bulgogi with Quick-Pickled Shallots do the opposite by tinging traditional Korean favorites with beloved American flavor profiles. Baked goods like Milk Bread with Maple Syrup and*

*Gochujang Chocolate Lava Cakes close out the narrative on a sweet note. In this book of recipes and thoughtful insights, especially about his mother, Jean, Eric divulges not only what it means to be Korean American but how, through food and cooking, he found acceptance, strength, and the confidence to own his story.*

*Taking seaweed and algae beyond the ubiquitous sushi roll, this book is a must have for all who want to eat clean, sustainable food that tastes sensational and has maximum health benefits. The Culinary Art of Seaweed and Algae in the 21st Century. Nori, gim, zicai, laver ... no matter where you're from, you'll almost certainly have a word that describes algae and seaweed as a food.*

*Sometimes we eat it without knowing it. Algae and seaweed have probably been eaten by humans as long as our species has existed. The earliest historical record of seaweed consumption goes back to 3000 BC in China, and there is good evidence the Irish and Scots have eaten seaweed for at least 4,000 years. Australians, however, are just beginning to wake up to just how beneficial and tasty seaweed and algae can be. In a world obsessed with nutrient-poor junk or fast foods and the rising incidence of lifestyle diseases such as obesity and Type 2 diabetes, it has never been more important for Australians to make responsible and ethical food choices. The launch of this book coincides with the 5th Congress of the International Society of Applied Phycology to be held in Sydney in June 2014 - a forum dedicated to shining an international spotlight on potential algal applications in*

*Australia and the development of our algae industry. There has never been a better time to educate Australians on the joys and benefits of eating seaweed and algae. Some of the world's leading seaweed and algae producers and partnering them with some of Australia's most innovative chefs from the South Coast and beyond, this book will take you on a visually evocative, tantalizing journey in which you will become acquainted with culinary masters, drawing their inspiration from the primal beauty of our pristine coastline. Seaweed and algae beyond the ubiquitous sushi roll, this book is a must have for all who want to eat clean, sustainable food that tastes sensational and has maximum health benefits. And who knows? One day you too may be inventing amazing new recipes to put seaweed and algae back in its rightful place as a nutritious and tasty part of our staple diet. **CLICK HERE** to download a sample recipe from Pacific Feast \* Features more than 60 recipes from some of the Pacific Coast's best chefs, including David Tanis, Maria Hines, Dustin Clark, Kirsten Dixon, and Tom Douglas \* Accessible and inspiring, Pacific Feast will appeal to home cooks and nature lovers alike \* Conveys a strong conservation and sustainability message throughout the recipes and stories Once thought to be the stuff of back-to-the-landers, foraging has become a gourmet pastime, and there are a growing number of wild-food classes in which experts teach hungry folks how to spot the "food at our feet." Especially fortunate are those of us who live along the Pacific Coast -- from Southern California*

*to Puget Sound to Anchorage -- where the climate provides many a delicacy in our wild (and not so wild) spaces. Pacific Feast shares expert advice on how to identify the good eats, harvest responsibly, and create delicious meals with your finds. Author Jennifer Hahn provides detailed field notes on more than 40 species, including where to find them, which parts are edible, and their best culinary uses. In addition to the delectable recipes from well-known coastal chefs, readers will also appreciate Hahn's intimate stories of reveling in nature's bounty and Mac Smith's lush identification photographs. With more than 25 years of wilderness travel under her boots and kayak hull--including thru-hiking the Pacific Crest Trail from northern California to Canada and kayaking solo from Ketchikan, Alaska to Washington--writer Jennifer Hahn relies on wild harvesting to keep her pack and kayak light. Jennifer's favorite foraged lunch is sea urchin, nori seaweed, and "goose tongue" leaves. She lives in Bellingham, Washington with her potter husband, Chris Moench. To learn more, visit the authors website at [www.pacificfeast.com](http://www.pacificfeast.com)*

*A guide to foraging and preparing highly nutritious sea vegetables. Classification with illustrations, where they grow, harvesting, storage, table of nutritional equivalents, protein comparison, and numerous recipes are given. Try nature's bounty. Seaweed fertilizer and compost is great for gardens. As you collect, clean and create the recipes, any concept of seaweed being "that*

*icky washed up stuff on the shore" will be erased.*

*From Purple Laver to Peacock's Tail*

*Future Food Today: A cookbook by SPACE10*

*This Will Make It Taste Good*

*The Seaweed Collector's Handbook*

*The New Seaweed Cookbook, Second Edition*

*Pacific Feast*

*Seaweed and Eat It*

**A 2017 IACP Award Finalist A**

**beautifully photographed, innovative  
guide to edible seaweed and sea**

**vegetables with vegan recipes—for your**

**health and the planet's "One of the**

**world's most sustainable and nutritious  
crops," according to The New Yorker,**

**"seaweed could be a miracle food." It's**

**also been called "the new kale" (CNBC)**

**and a "climate warrior" (Atlantic). On**

**the cutting edge of food and**

**sustainability, seaweed and sea**

**vegetables are good both for you**

**and—with the potential to drastically**

**reduce our carbon footprint—for the**

**planet. Now, Ocean Greens is the all-in-**

**one guide to the most kitchen-ready**

**varieties of this remarkable superfood**

**(overflowing with nutrients!)—wakame,**

**kombu, agar, samphire, nori, and many**

**others. Seaweed visionaries Lisette**

Kreischer (dubbed a “fitfluencer” by Women’s Health) and Marcel Schuttelaar share insights on the nutrition, taste, and harvesting of each—as well as 50 irresistible vegan recipes that will have readers exclaiming, “I can’t believe it’s seaweed!” Pumpkin and Seaweed Pancakes Polenta Fries with Crunchy Sea Lettuce and Asparagus Seaweed Gnocchi with Spinach and Cherry Tomatoes Chocolate Chip and ‘Weed Cookies, and more!

From James Beard Best Chef-nominee Rachel Yang, *My Rice Bowl* is a cookbook with 75 recipes based on her deeply comforting Korean fusion cuisine, inspired by cultures from around the world. As co-owner of the popular Seattle restaurants, Joule, Trove, and Revel, and Portland’s Revelry, chef Rachel Yang delights with her unique Korean fusion—think noodles, dumplings, pickles, pancakes, and barbecue. Along with her husband, Seif Chirchi, Yang serves food that exemplifies cross-cultural cooking at its most gratifying. In the cookbook you’ll find the restaurants’ kimchi recipe, of course, but there’s so much

more—seaweed noodles with crab and crème fraîche, tahini-garlic grilled pork belly, fried cauliflower with miso bagna cauda, chipotle-spiked pad thai, Korean-taco pickles, and the ultimate Korean fried chicken (served with peanut brittle shards for extra crunch). There are rice bowls too—with everything from lamb curry to charred shiitake mushrooms—but this book goes way beyond bibimbap. In many ways, the book, like Yang’s restaurants, is analogous to a rice bowl; underpinning everything is Yang’s strict childhood in Korea and the food memories it engrained in her. But on top you’ll taste a mosaic of flavors from across the globe, plus a dash of her culinary alma maters, Per Se and Alain Ducasse. This is the authentic, cutting-edge fusion food of a Korean immigrant who tried everything she could to become an American, but only became one when she realized that her culture—among many—is what makes America so delicious today. The Diet to End World Hunger! A Cookbook Guide for the Western Chef. Forget everything you know about seaweed. This cookbook guide explains

how to prepare dried seaweed into the perfect weight loss, and nutritional flavor-enhancing food additive. Learn to make seaweed into a tasteless inexpensive nutritious weight loss liquid, for shakes, teas, and frozen cocktails; or a nutritional taste-enhancing jelly, for soups, dips, and stews; or a rich fat-free seaweed paste, which adds creamy textures to cakes, puddings, and breads. Seaweed Jelly used as a food-extender will revolutionize the fast-food industry, for it makes your recipes less expensive and more nutritious.

Presents a collection of vegetarian recipes inspired by French cooking, using basic, readily available ingredients and including several options that are dairy- and gluten-free.

Over 100 Gluten and Dairy Free Recipes for an Anti-Inflammatory, Nutrient Dense Diet

EMILY: The Cookbook

Seaweed

Sea Vegetables

Seaweeds

Culinary Art of Seaweed and Algae in

## **the 21st Century**

In the face of apocalyptic climate change, a former fisherman shares a bold and hopeful new vision for saving the planet: farming the ocean. Here Bren Smith--a restorative ocean farmer--introduces the world of sea-based agriculture, a groundbreaking solution to the global climate crisis. The ocean is a vast, untapped opportunity, home to thousands of edible plants. Using simple DIY techniques, we can grow more than enough delicious and nutritious food--without the use of fresh water or fertilizers--to feed the planet and mitigate climate change, to boot. A groundbreaking "climate memoir," *Eat Like a Fish* interweaves Smith's own life--from sailing the high seas aboard commercial fishing trawlers to pioneering new forms of ocean farming to surfing the frontiers of the food movement--with actionable food policy and practical advice on ocean farming. Written with the humor and swagger of a fisherman telling a late-night tale, it is a powerful story of environmental renewal, and a must-read guide to saving our oceans, feeding the world, and--by creating new jobs up and down the coasts--putting working class Americans back to work.

The Welsh Seaweed Cookbook features one of the best known ingredients in Welsh cooking: seaweed, most commonly recognised in its cooked form as laverbread. Along with recipes for traditional Welsh laverbread, there are also notes on the use of seaweed in modern cooking such as making a sauce for fish dishes and an accompaniment to Welsh lamb. Whether you've never picked up a knife or you're an accomplished chef, there are only four basic factors

that determine how good your food will taste. Salt, Fat, Acid, and Heat are the four cardinal directions of cooking, and they will guide you as you choose which ingredients to use and how to cook them, and they will tell you why last minute adjustments will ensure that food tastes exactly as it should. This book will change the way you think about cooking and eating, and help you find your bearings in any kitchen, with any ingredients, while cooking any meal. --

Gourmet and natural food enthusiasts will delight in over 100 delicious recipes using sea vegetables in baked goods, soups, salads, main dishes, and more. Shep Erhart and Leslie Cerier from Maine Coast Sea Vegetables, one of America's foremost distributors of sea vegetables, also share their knowledge of the varieties of sea vegetables, their healthful benefits, and tips on using sea vegetables for pets, plants, and as beauty aids.

My Adventures Farming the Ocean to Fight Climate Change

Salt, Fat, Acid, Heat

Ocean Greens

Seaweed, Salmon, and Manzanita Cider

Coastal Chef

A New Path to Simple Cooking

The French Market Cookbook

***Seaweed is used in many countries for very different purposes - directly as food, especially in sushi, as a source of phycocolloids, extraction of compounds with antiviral, antibacterial or antitumor activity and as biofertilizers. About four million tons of seaweed are harvested annually***

**worldwide. Of the various species known, less than 20 account for 90% of the biomass exploited commercially. This book details 147 species of edible seaweed, including scientific name and respective common names, geographic location, nutritional composition, uses and is extensively illustrated.**

**"Ha presents ... comics that fully illustrate all the steps and ingredients necessary for all 64 [Korean] recipes in a ... concise presentation (with no more than 2 pages per recipe on average). Recipes featured include easy kimchi (makkimchi), spicy bok choy (cheonggyeongche muchim), and seaweed rice roll (kimbap), among many other dishes"--**

**A directory of edible seaweeds and 100 nutritious, delicious recipes from the Cornish Seaweed Company.**

**"You might not expect unfettered passion on the topic of seaweed, but Shetterly is such a great storyteller that you find yourself following along eagerly." —Mark Kurlansky**  
**"Seaweed is ancient and basic, a testament to the tenacious beginnings of life on earth," writes Susan Hand Shetterly in this elegant, fascinating book. "Why wouldn't seaweeds be a protean life source for the lives that have evolved since?" On a planet facing environmental change and diminishing**

*natural resources, seaweed is increasingly important as a source of food and as a fundamental part of our global ecosystem. In Seaweed Chronicles, Shetterly takes readers deep into the world of this essential organism by providing an immersive, often poetic look at life on the rugged shores of her beloved Gulf of Maine, where the growth and harvesting of seaweed is becoming a major industry. While examining the life cycle of seaweed and its place in the environment, she tells the stories of the men and women who farm and harvest it—and who are fighting to protect this critical species against forces both natural and man-made. Ideal for readers of such books as The Hidden Life of Trees and How to Read Water, Seaweed Chronicles is a deeply informative look at a little understood and too often unappreciated part of our habitat.*

*A World at the Water's Edge*  
*Vegetarian Recipes from My Parisian Kitchen*  
*Food That Tastes Like Home*  
*Seaweed Recipes For Delicious And Beneficial Meals: Guide To Cooking With Seaweed*  
*The New Seaweed Cookbook*  
*A Complete Guide to Discovering the Deep Flavors of the Sea*  
*The Seaweed Cookbook*

'[Seaweed] is like dynamite - [it has] fiber, nutrients, all the minerals, [it] aids digestion - unbelievable' Jamie Oliver

Seaweed is one of the best superfoods on the planet and eating it provides a wide range of health benefits. From aiding weight loss to regulating blood sugar levels, this hero ingredient is an excellent source of vitamin C, protein and iron. In fact, it is the food source with the broadest range of minerals, and is readily available across the UK. In *The Seaweed Cookbook*, seaweed expert Xa Milne offers over 75 delicious, nutritious recipes. From snacks and small plates to drinks, mains and sweet treats, there's something for any time of the day, for all occasions: -

- Beetroot seaweed hummus - Salsa Verde with added umami - Life-saver seaweed rice -
- Grilled sea bass with tarragon, lemon and Shony - Lean green seaweed tonic smoothie -
- White bean and sausage stew with Dulse aioli
- Thai pork balls with Kombu and chilli -
- Hugh Fearnley-Whittingstall's foil-baked fish with smoked Dulse and garlic -
- Damson cranachan - Coconut, carrot and seaweed loaf

As a healthy substitute for salt or as the centrepiece of your meal, incorporating seaweed into your daily diet is effortless with *The Seaweed Cookbook*.

In this delightful wild food cookbook daily forager Robin Harford covers over 35 plants with simple, easy to prepare recipes you can create in your kitchen. Each plant is beautifully illustrated with a Victorian

botanical wood block print. Having foraged for his daily supper for over ten years, these recipes come directly from his kitchen and have been field tested by hundreds of people on his foraging courses making this wild food recipe book perfect for foraging enthusiasts everywhere. Robin Harford is an ethnobotanist and professional forager. He has been teaching people about their local edible landscape throughout the UK since 2009. A co-director of Plants & Healers International, a non-profit that connects people, plants and healers around the world, he travels extensively documenting and recording the traditional and local uses of wild food plants in indigenous cultures. His work has taken him to Africa, SE Asia, Europe & the USA.

Irish seaboard lore, recipes old & new, nutritional information & personal anecdote combine with the faintest hint of nostalgia in this refreshingly original mix of common sense & practical cookery.

**Eat Feel Fresh**

**50 Delicious Seaweed Recipes That Can Be Made By Almost Anyone: Recipes Using Seaweed My Rice Bowl**