

# *Eat, Drink, Kelp*



*Reflections and  
Inspiration*

# THE SUGAR KELP COOPERATIVE

THE SUGAR KELP COOPERATIVE CURRENTLY CONSISTS OF FIVE OCEAN-FARMERS HELPING SUGAR KELP FIND IT'S RIGHTFUL PLACE ON LOCAL DINNER PLATES THROUGHOUT THE TRISTATE AREA. WE TAKE A COOPERATIVE APPROACH TO ALL THE STUFF THAT HAPPENS ONCE SUGAR KELP LEAVES THE CLEAN OCEAN WATERS OF NEW ENGLAND; COORDINATING MARKETING, PRODUCT DEVELOPMENT, DISTRIBUTION, AND SALES EFFORTS IN ORDER TO CREATE A PATHWAY FOR EMERGING SEAWEED FARMERS IN NEW ENGLAND TO MAKE IT WORK.

**NEW ENGLAND KELP HARVEST WEEK** WAS OUR FIRST PROJECT. THIS WEEK+ EVENT WAS CREATED TO BRING AWARENESS TO OUR LOCALLY CULTIVATED, DELICIOUS, HEALTHY, AND VERSATILE SEAWEED: **SUGAR KELP**. WE BELIEVED THAT OUR FARMERS' HARD WORK (THIS IS A WINTER CROP, BTW !!) AND THE CULINARY EXPERTISE OF OUR REGION'S AMAZING CHEFS FORMED AN IDEAL PARTNERSHIP TO INTRODUCE SUGAR KELP TO OUR COMMUNITY. WE ARE SO PROUD OF THE RESULTS.

WE HOPE YOU ENJOY THIS BOOK  
COMMENORATING THE EVENT.

**#EATKELP**

# TABLE OF CONTENTS

**INTRODUCTION: THE SUGAR KELP COOPERATIVE AND  
NEW ENGLAND KELP HARVEST WEEK.... 2-4**

**BEVERAGES AND FOODS FROM NEKHW.... 5-40**

**BRINGING SUGAR KELP INTO YOUR KITCHEN.... 41-42**

**ACKNOWLEDGEMENTS & GRATITUDE.... 43-49**

# *Eat, Drink, Kelp*



## *Beverages*

# Shipwright's Daughter



shipwrightsdaughter

## Kelp Furikake Bloody Mary

# Shell & Bones



## Sugar Kelp Infused Martini

# Continuum Distilling Kelp Infused Gin



# Outerlight Brewing



## Oyster and Sugar Kelp Stout

# Harbor Harvest



harborharvest

**Kelp, Pineapple, and Cashew Nut  
Smoothie**

# Mix at Sift - "Gardening Shoes" Cocktail



Features Grey Whale Gin infused with kelp, sugar snap pea juice, kelp simple syrup, and cream soda foam

# Nana's Bakery



## Sugar Kelp Salted Caramel Latte

# Cottrell Brewing - Kelp Stout



cottrellbrewing



# Liv's Oyster Bar



## Sugar Kelp Shooter

# Grey Sail Brewing



# *Eat, Drink, Kelp*



## *Let's Eat!*

# Shell & Bones Kelp Harvest Week Menu



SHELL & BONES OYSTER BAR AND GRILL  
presents:

CULINARY DIRECTOR | ARTURO FRANCO CAMACHO  
SHELL & BONES SOUS CHEF | BRENDAN HOVAN  
BAR AND BEVERAGE MANAGER | VALENTINO FONDA

**SAKE**

AKITA SEISHU 13  
"DEMON DANCER," JUNMAI, 180ML "CUP"  
KIRINZAN 11  
FUTSUSHU, 720ML  
DEWATSURU 12  
JUNMAI NIGORI, 720ML

**COCKTAIL**

YABABA'S POTION 12  
WASABI-INFUSED HAKU JAPANESE VODKA, KELP,  
CUCUMBER, YUZU, TOGARASHI  
*by Bekim Krasniqi*

**KELP PLATES**

MISO SOUP 12  
SHIITAKES, SUGAR KELP, TOFU, SPINACH  
SALMON TARTARE 18  
DIJON, SUGAR KELP, CHIVE, SHALLOT, CAPER,  
EGG YOLK, MELBA TOAST  
SCALLOP TATAKI 21  
ENOKI MUSHROOMS, SALMON CAVIAR, DRIED SUGAR KELP,  
CRISP LOIN OF NORTH ATLANTIC TUNA 38  
BONITO AND SUGAR KELP CRUST,  
WASABI-ONION PUREE, EDAMAME RAGOUT  
SUGAR KELP FETTUCCINI  
MANILLA CLAMS, BACON, UNI BUTTER, TOGARASHI

# The Essex's Kelp Harvest Week Menu



**WE HAVE UPPED OUR KELP AWARENESS! TONIGHT THROUGH SATURDAY COME ENJOY OUR SPECIAL 6 COURSE TASTING OF SUGAR KELP! IN CELEBRATION OF KELP HARVEST WEEK UNTIL APRIL 24TH, COME ENJOY OUR @ORAKINGSALMON AL PASTOR WITH LAYERS OF UMAMI ON THE A LA CARTE MENU, OR ALL 6 COURSES BELOW ON THE TASTING!**

- 1. SUSTAINABLE HIRAMASA FROM DENMARK WITH KELP PONZU AND AVOCADO**
- 2. KELP MISO MARINATED BLACK COD WITH KELP CARAMEL**
- 3. @ORAKINGSALMON AND KELP BECHAMEL**
- 4. CRISPY PORK BELLY WITH KELP AGRO DULCE AND KELP FURIKAKKE**
- 5. ROASTED BONE MARROW WITH KELP AND GARLIC PUDDING**
- 6. @SNAKERIVERFARMS GOLD RIBEYE CAP WITH @SEACOASTMUSHROOMS AND BROWN BUTTER KELP DASHI**



**ALL KELP CAN BE FOUND FROM @NEWENGLANDSEAFARMS @NEWENGLANDKELPHARVEST AND DISCOVER THE INCREDIBLY DELICIOUS AND HEALTHY BENEFITS OF ONE OF OUR MOST LOCAL AND SUSTAINABLE RESOURCES GROWN RIGHT IN OUR WATERS!**

**@ORAKINGSALMON IS THE WORLDS MOST SUSTAINABLE FISH PAIR WITH A @MASIENDA HEIRLOOM CORN HOMINY "RISOTTO" WITH SUGAR KELP, CUCUMBER AVOCADO AND SALSA VERDE KELP EMULSION FINISHED WITH CRISPY SUGAR KELP SOUFFLÉ**

# Vintage



**Cumin & Coriander Duck Breast,  
Sugar Kelp, Crispy Jasmine Rice,  
and Orange Soy Glaze**

# Grass and Bone



**Chef Kevin's Butcher Shop Poke  
Mexicana featuring Sugar Kelp**

# Shell & Bones



**Scallops with enoki mushroom, spicy mayo salmon roe, dehydrated sugar kelp and lime**

# The Whelk



**Cold poached halibut, kelp dashi, artichoke escabeche and mayer lemon aioli**

# The Malted Barley



**Sugar Kelp Green Goddess Tuna  
Salad Sandwich**

# Olmo Kitchen



**Kelp Bagel stuffed with  
Smoked Whitefish and Tomato**

# Olio



## Beef Bulgogi Sugar Kelp Kimchee Cellophane Rolls

# Shipwright's Daughter



# Layla Schlack



**Crispy Tofu, Sugar Kelp, and Cucumbers**

# Flanders Fish Market



**Shrimp Meatball Kelp "Italian  
Wedding" Soup**

# South End Restaurant Group



**Poke with Local Charred Kelp**

# The Whelk



**Kelp Dashi, Asparagus,  
Trout Roe, Melon Vinegar  
and Kelp Oil**

# Ejord Fish Market



Local Dried Kelp

# Flanders Fish Market



# Kawa Ni



**Shrimp Dumplings, Pickled  
Stonington Kelp, Coconut  
Shrimp Oil, and Tofu Purée**

# Moxie



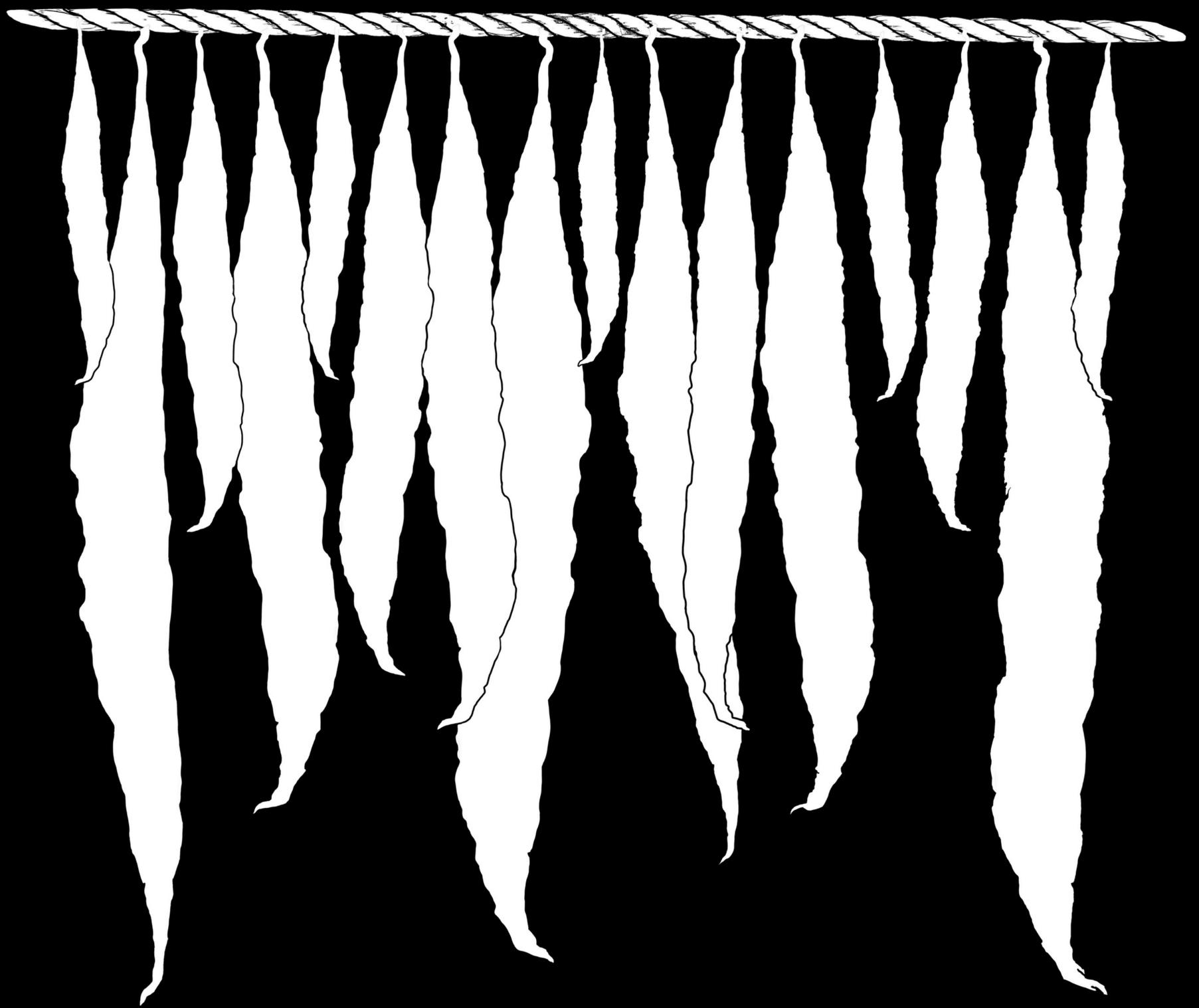
# South Lane Bistro



# Atlantic Seafood



# SUGAR KELP COOPERATIVE



[Click for more information  
about the Sugar Kelp Coop](#)

# The Essex



**Tuna and Salmon Sushi Bowls  
with Sugar Kelp Salad**

# The Whelk



# Shell & Bones



# Why eat kelp?

Kelp is an ocean-friendly superfood packed with essential nutrients, vitamins, and minerals. On its own, kelp tastes slightly sweet with a mild vegetal flavor and a delicate texture. Added to your favorite dishes, this sea vegetable easily absorbs the flavors of whatever you pair it with, making it one of the most versatile seaweeds out there.

## Nutrition

Sugar kelp contains calcium, magnesium, iodine, potassium, iron, zinc, phosphorus, and vitamin C. It's also low in carbohydrates and calories, while high in fiber and antioxidants. Eating kelp can help improve weight loss, detoxify radioactive elements in the body, and boost immune support (thank you, iron and vitamin C).

## Environment

Farming kelp requires zero inputs: no land, fertilizer, pesticides or fresh water – just the ocean and the sun! As kelp grows, it removes carbon and nitrogen from the water, produces oxygen, reduces ocean acidification and provides habitat for marine organisms. Who knew sustainability tasted this good?

## In The Kitchen

Sugar kelp can be eaten raw, blanched, dried, frozen, pickled, fermented, you name it! Sugar kelp is a seasonal vegetable, which grows in cold water during the winter and is harvested fresh in the spring. Because kelp is so nutrient-dense, a little goes a long way. Kelp should be stored in the refrigerator and is best when eaten or preserved within 5 days. The time-tested techniques in this kit will help to expand the shelf life and transform kelp into a versatile kitchen ingredient!



# *Eat, Drink, Kelp*



**FOR YOUR KITCHEN**

# **SUGAR KELP - SIMPLE USES**

- **AS A SPICE, ADD SUGAR KELP TO MEATS & VEGETABLES, INTO SOUPS & SAUCES FOR FLAVOR COMPLEXITY AND INVIGORATING NUTRIENTS.**
- **AS A FEATURE OF THE DISH, USE BLANCHED SUGAR KELP AS YOU WOULD TRADITIONAL LAND-GROWN GREENS LIKE SPINACH, KALE, COLLARDS.**
- **IN COCKTAILS, ADD SUGAR KELP TO BRING SAVORY BACKGROUND FLAVOR. TRY A DIRTY MARTINI USING MUDDLED SUGAR KELP IN PLACE OF OLIVES!**
- **IN SMOOTHIES, ADD SUGAR KELP FOR ALL THE INVIGORATING NUTRITIONAL BENEFITS TO START YOUR DAY.**

# *Eat, Drink, Kelp*



## **OUR COMMUNITY**

# SPONSORS

SHIPWRIGHT'S DAUGHTER

KAWA NI

THE ESSEX

THE OYSTER CLUB

STONEHILL FARMS

GREY SAIL BREWING

HARBOR HARVEST

NANA'S BAKERY

THE WHELK

SHELL AND BONES

OKO WESTPORT

FJORD FISH MARKET

MALTED BARELY

GRASS AND BONE

FLANDERS FISH

LIV'S OYSTER BAR

# SUPPORTERS & PARTICIPANTS

ATLANTIC FISH

PO'S RICE & SPICE

STONY CREEK BREWERY

NIT NOI

MIX

SIFT

OUTER LIGHT BREWERY

WHITECREST EATERY

OLIO

MILLWRIGHTS

MOXIE

IDEAL TAVERN

VINTAGE

OLMO

RIVER TAVERN

OTTO

PENNY LANE PUB

SOUTH LANE BISTRO

SEA HOUSE

AMIGOS

COTTRELL BREWING

WHITE GATE FARM

FIDDLEHEADS COOP

THE SOUTH END RESTAURANT GROUP

# COLLABORATORS

YELLOW FARMHOUSE

PROJECT BLUE @ SCSU

GREENWAVE

UCONN

SEA GRANT

LONG ISLAND SOUND OCEAN CLUSTER

EATING WITH THE ECOSYSTEM

HEALTHY PLANEAT

# *Eat, Drink, Kelp*



## **HELPFUL LINKS**

[HTTPS://NEWENGLANDKELP.COM](https://newenglandkelp.com)

[HTTPS://WWW.STONINGTONKELPCO.COM](https://www.stoningtonkelpco.com)

[HTTPS://NEWENGLANDSEAFARMS.COM](https://newenglandseafarms.com)

[HTTPS://WWW.INSTAGRAM.COM/NEWENGLANDKELPHARVEST/](https://www.instagram.com/newenglandkelpharvest/)

[HTTPS://WWW.INSTAGRAM.COM/SUGARKELPCOOPERATIVE/](https://www.instagram.com/sugarkelpcooperative/)

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**THANK YOU!**