

SPARTAN SEA FARMS

# Seaweed Week Cookbook

2020



FROM OUR FARM  
TO YOUR KITCHEN

## Why kelp?

Kelp is an incredible organism--though it may look like a plant, humans are more closely related to land plants than kelp is! Kelp is a brown marine algae that can grow at rates of several inches per day. It's fantastic at sequestering carbon and nitrogen from the ocean making it a key crop in the fight against ocean acidification.

In addition to its environmental benefits, it's packed full of vitamins, minerals, enzymes, and trace elements. And it's just plain delicious!



## Now what?

You just got your order and you might be wondering about your next steps. We have provided you with fresh skinny kelp (*Saccharina latissima forma angustissima*, if you're feeling fancy) harvested from our farm this morning. It's very easy to prep: simply rinse it with fresh water to remove the salt. If you wish to use it at a later date, blanch it (place it in boiling water for 15-30 seconds then immediately strain and drop into a bowl of ice water) and freeze it.

## Enjoy and share!

We'd love to see what you made! Tag us on Instagram (@spartanseafarms) and use the hashtag #seaweedweek

# Spartan Kelp Lasagna



Ready in **90 minutes**

Yields **9x13 pan**

## Ingredients

- 3 Roma tomatoes, finely sliced
- 2 cups baby bella or crimini mushrooms, sliced
- 2 carrots, coarsely grated
- 3 cups kelp
- 1 onion, diced
- 3 cloves garlic, finely diced
- 2 cups ricotta cheese
- 1 cup mozzarella cheese
- ½ cup Parmesan cheese
- 1 cup marinara sauce
- 1 box dry lasagna noodles

## Preparation

1. Coat bottom of 9x13 pan with olive oil
2. Add light coat of marinara sauce
3. Assemble in layers: layer of noodles (dry), mozzarella, mushrooms
4. Add a second layer of dry noodles, then add a layer of ricotta, marinara, and a layer of kelp
5. Add a third layer of dry noodles, then cover with ricotta mixed with garlic and onions
6. Add a layer of tomatoes and a fourth layer of dry noodles
7. Cover with remaining marinara and Parmesan

Bake at 350°F for 90 minutes. Cover with foil if the top noodles get crispy.

# Kelp Pesto



Ready in **20 minutes**

## Ingredients

- ¼ cup pine nuts or walnuts
- ½ cup garlic cloves
- ½ cup dry Parmesan cheese
- ½ cup olive oil
- 1 cup fresh basil leaves
- 4 cups blanched kelp

## Preparation

1. Add ingredients to food processor in order listed above
2. Process until finely minced
3. Serve

## Tips

Goes great on pasta, sandwiches, pizza, and kelp lasagna!



# Kelp Bread



Ready in **60-70 minutes**

Yields **2 loaves**

## Ingredients

- 3 cups all purpose flour
- 3 eggs
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 tablespoon cinnamon
- 1 cup vegetable oil
- 2 ¼ cups sugar
- 3 teaspoons vanilla extract
- 2 cups chopped fresh kelp
- 1 cup walnuts (optional)

## Preparation

1. Grease and flour two 8x4 baking pans. Preheat oven to 325°F
2. Sift salt, flour, baking soda, baking powder, and cinnamon together in a bowl.
3. Beat eggs, oil, vanilla, and sugar together in a large bowl.
4. Add sifted ingredients to creamed mixture and beat well.
5. Stir in kelp and nuts until well combined.
6. Pour batter into prepared pans.

Bake 40-60 minutes or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove loaves from pans and completely cool.

## Tips

Wrap in foil to store.

# Sichuan Kelp Salad



*Photo credit: Phoebe Walsh Photography*

Serves **2**

## Ingredients

- 1 cup fresh or soaked dried kelp
- 1 tablespoon light soy sauce
- 1 tablespoon black vinegar (can substitute 1 tablespoon balsamic vinegar + splash of Worcestershire sauce)
- 3 cloves garlic, chopped
- 1-2 Thai peppers, thinly sliced
- 2 scallions, finely chopped
- ¼ teaspoon salt
- 1 teaspoon sugar
- 3 tablespoons vegetable or sesame oil
- Cilantro for garnish (optional)

## Preparation

1. Bring a large pot of water to boil
2. Cook kelp for two minutes, transfer out, and drain well
3. Add light soy sauce, black vinegar, chopped scallion, pepper slices, and chopped garlic to kelp without mixing
4. Heat oil until hot and pour hot oil over the salad
5. (Optional) Garnish with cilantro

# Veggie Burgers



*Photo and recipe credit: Paul Gagne*

## Tips

Dust patties with cornmeal and freeze on wax or parchment paper. Once frozen, wrap well and store in freezer until needed. Try it with a kimchee garnish!

## Ingredients

- 1 ½ cups cooked adzuki beans
- 2 medium sweet potatoes, cut into 1" cubes and boiled until just done
- ⅓ cup dried kelp pieces (bite sized)
- 1 ½ tablespoons freshly grated ginger
- 2 tablespoons coconut aminos
- 1 tablespoon regular aminos (or substitute soy sauce)
- Splash of rice wine vinegar (not sweetened)

## Preparation

1. Cook the beans and sweet potatoes separately but time them so that they're done at approximately the same time.
2. Drain the squash water into a separate bowl and use it to reconstitute the kelp (only takes a few minutes).
3. Drain the water off (can be reserved for making soup).
4. Mix all ingredients together in a bowl and gently mash with a potato masher (leave it chunky with distinct sweet potatoes and whole beans)
5. Let cool then form into patties.

# Turkey Soup



*Photo and recipe credit: Sheila Conlan*

Ready in **20-35 minutes**

## Ingredients

- 1 cup carrots, chopped
- 1 cup onions, sliced
- 1 cup celery, chopped
- 2-3 tablespoons garlic, minced
- 1 cup blanched kelp
- 2 cups turkey, chopped
- 6-8 cups of broth or stock
- Salt, pepper, and seasonings (parsley, poultry seasoning, sage, thyme, marjoram, bouillon cube)
- Optional: ¼ cup barley, wild rice, or orzo pasta

## Preparation

1. In a large soup pot, heat some butter or olive oil on medium high heat. Add chopped carrots, onions, and celery in equal parts. Cook until the onions are soft and translucent, about 10 minutes.
2. Add garlic and cook for a minute more, until the garlic is fragrant. Then add the stock to the pot. Add salt, pepper, and seasonings to taste.
3. Bring to a simmer and cook until vegetables are cooked through (5-10 minutes).
4. Add kelp and turkey. Cook for 4 minutes. If adding pasta, cook for 6 minutes. If adding barley, cook for 10 minutes. If adding rice, cook for 15 minutes.



# Kelp Kimchee



*Photo credit: Andrew Applegate*

*Recipe adapted from [tablefortwoblog.com](http://tablefortwoblog.com)*

## Ingredients

- 1 lb napa cabbage cut into 1" bite sized pieces
- ¼ lb kelp cut into 1" bite sized pieces
- 2 tablespoons sea salt
- Water
- 2 tablespoons sweet onion, chopped
- 2-4 cloves of garlic, peeled
- 2 tablespoons red pepper powder
- 2-3 scallions, julienned

## Preparation

1. Place cabbage in a large bowl. Mix together sea salt and ¼ cup water and stir until salt has dissolved. Pour over cabbage and mix with your hands. Let sit for 1.5-2 hours.
2. Blend together onion and garlic with 1 tablespoon of water to create a puree. Pour into a bowl and mix together with red pepper powder and scallions.
3. Once the cabbage has significantly wilted, rinse cabbage to get most of the salt water off. Place back into the large bowl with kelp. Toss cabbage and kelp with red pepper mixture until well coated.
4. Place mixture into mason jars. Stuff the jar until it is completely full.
5. Tightly close the jar(s) and leave out at room temperature overnight. Taste the next day. If you want it to be more sour, leave it out an additional day or two. Store in the fridge.

# Smoothie Cubes



*Photo credit ambitiouskitchen.com*

## Ingredients

- Fresh kelp

## Preparation

1. Blanch kelp
2. Blend until completely smooth
3. Portion into empty ice cube trays
4. Freeze

## Tips

Add 1 cube to your favorite smoothie recipe.

# Compound Butter



*Recipe credit: Atlantic Holdfast*

*Photo credit: saveur.com*

## Ingredients

- 2-3 tablespoons of kelp, finely chopped
- 1 stick butter

## Preparation

1. In a low heat skillet, crisp the kelp.
2. Process kelp into flakes in a food processor or coffee grinder.
3. Cut a stick of butter into small slices and blend thoroughly with kelp flakes.

## Tips

Great on steak, roasted vegetables, and fish!

# Tender Kelp Stir Fry



*Photo credit: Betty Libby*

*Recipe credit: Bob Wake*

## Ingredients

- 2-3 cups kelp, loosely chopped
- 2 tablespoons lime juice
- 1 teaspoon baking soda
- 1 tablespoon sesame oil
- Pinch of Thai chili pepper
- 2 scallions, chopped
- 8oz mushrooms, sliced
- 2 cloves garlic, finely chopped
- ½ cup fresh basil leaves
- Salt

## Preparation

1. Mix kelp, lime juice and baking soda in a bowl of hot water. Stir thoroughly and let sit for 5 minutes.
2. Drain and rinse kelp.
3. Heat a skillet with olive oil and add a pinch of Thai chili pepper.
4. Add kelp, mushrooms, and basil, stir-fry for 1-2 minutes.
5. Add scallions and sesame oil, continuing to stir frequently
6. Salt to taste
7. Serve over rice

## Tips

Experiment with adding different combinations of stir-fry veggies!



# Cheddar Cheese & Kelp Soft Pretzel Bites



*Photo credit: Will Wohler*

*Recipe adapted from [tasteofhome.com](http://tasteofhome.com)*

## Ingredients

- 1 bottle (12 ounces) amber beer or nonalcoholic beer
- 1 package (¼ ounce) active dry yeast
- 2 tablespoons unsalted butter, melted
- 2 tablespoons sugar
- 1-1 ½ teaspoons salt
- 4-4 ½ cups all purpose flour
- 10 cups water
- ¾ cup baking soda
- 1 cup cheddar cheese, shredded
- 1 ½ cups kelp, finely chopped

## Topping

- 1 large egg yolk
- 1 tablespoon water
- Coarse salt (optional)

## Preparation

1. In a small saucepan, heat beer to 110°-115°; remove from heat. Stir in yeast until dissolved. In a large bowl, combine butter, sugar, salt, yeast mixture, cheddar cheese, kelp, and 3 cups flour; beat on medium speed until smooth. Stir in enough remaining flour to form a soft dough (dough will be sticky).
2. Turn dough onto a floured surface; knead until smooth and elastic, 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.

**(continued on next page)**

## Cheddar Cheese & Kelp Soft Pretzel Bites, continued

3. Preheat oven to 400°. Punch dough down. Turn onto a lightly floured surface; divide and shape into 8 balls. Roll each into a 12-in. rope. Cut each rope into 1-in. pieces.
4. In a Dutch oven, bring water and baking soda to a boil. Drop pretzels, 2 at a time, into boiling water. Cook 30 seconds. Remove with a slotted spoon; drain well on paper towels.
5. Place 2 inches apart on greased baking sheets. In a small bowl, whisk egg yolk and water; brush over pretzels. Sprinkle with coarse salt if desired. Bake 6-8 minutes or until golden brown. Remove from pans to a wire rack to cool.



### Tips

Enjoy with whole grain mustard or a cheddar cheese dipping sauce!