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# Sea Vegetable Recipes for the Pacific Islands

By

**Dr Irene Novaczek  
&  
Alice Athy**

Community Fisheries Training Pacific Series 3B  
Supplementary Resource to Sea Plants: Pacific Series 3  
USP Marine Studies Programme / SPC Coastal Fisheries Programme:  
Training Materials for Pacific Community Fisheries



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## Preface to the Series

The majority of Pacific Island countries rely on the sea as a major source of food. While women are not involved in offshore deep sea fishing, they are active in collecting and gleaning shellfish and other edible sea species from the nearshore areas and inside the reef. Women also prepare fish either for sale or home consumption. In this preparation process, women are involved in cleaning, gutting, cooking and selling various seafoods. In many atoll countries, women are also involved in the preservation of seafood by drying or smoking. In view of women's role in fisheries activities and the importance of seafood in the region, it is vital that women learn not only the correct handling methods for seafood, but also how to use marine resources wisely for the future.

This manual is part of the Community Fisheries Training Series, and is designed to meet the wide need for community fisheries training in the Pacific, particularly for women. The series was originally developed for the SPC Community Education Training Centre (CETC). The fisheries course at CETC began in 1999 as a joint effort with the USP Marine Studies Programme. It was a response by the Centre to meet the needs of women in the region to improve their skills in small-scale fisheries activities. The USP Post Harvest Fisheries Project was also working to provide post harvest fisheries training for men and women in the region; hence the joint venture between the two institutions in 1999. The two groups of women who have since been through the course have found the training interesting and useful.

Since its inception in 1999, the course has been taught jointly by the USP Marine Studies Programme staff in Fiji Islands and the SPC Community Fisheries Section staff based in New Caledonia. Funding has come from Canada, New Zealand, Australia and the International Ocean Institute - Pacific Islands.

I wish to acknowledge the assistance of and major contribution by Tony Chamberlain, Lecturer of the USP Marine Studies Programme/Post Harvest Fisheries Project; Patricia Tuara, previous SPC Community Fisheries Adviser; Lyn Lambeth, SPC Community Fisheries Officer and other trainers in previous years.

I am grateful to the Marine Studies Programme technical staff who have given their time to training women and also the USP for facilities and equipment used during the course. I acknowledge Dr Jimmie Rodgers, Senior Deputy Director-General of SPC in Suva and the SPC Management for supporting CETC, by providing facilities and resources towards the implementation of the Fisheries course. We hope you enjoy this manual in the series.

Best wishes for a successful fisheries training programme.

Nu'ufou Petaia

Principal

SPC Community Education Training Centre (CETC) Narere, Fiji Islands

March 2001

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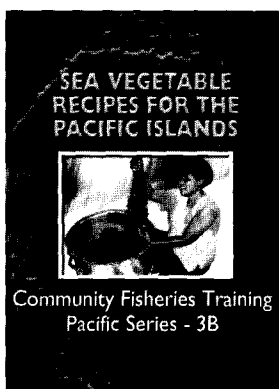
The people of Nakalawaca, Namara and Ucunivanua villages, for providing valuable information and helping to develop and test recipes; and

Fred Mills, Samasoni Sauni and Tony Chamberlain, Marine Studies Program, USP for editorial and technical assistance.

Cover picture - Emele Koroi with *Sargassum*, by Irene Novaczek.

# Sea Vegetable Recipes for the Pacific Islands

Community Fisheries Training - Pacific Island Series 3B



## How to use this book

This book is a supplementary resource to the manual, *Sea Plants*, Community Fisheries Training Pacific Series - 3. It can be used to prepare a variety of sea vegetable recipes from the range of sea plants found in the Pacific. It is accompanied by "A Guide to the Edible and Medicinal Sea Plants of the Pacific Islands".

When working in remote villages, community workers may find that there is no source of certain store-bought goods used in the recipes. In this case, we encourage the use of local substitutes. Most recipes may be altered to suit local tastes and available resources.

If, when using this book, you discover the local names for some plants, find a new edible sea plant or develop a new recipe, we would love to hear from you and include your information in a future edition. Please contact Tony Chamberlain, Marine Studies Program, USP, Suva, Fiji Islands.

## Introduction

Sea plants, or seaweeds as they are commonly called, are enjoyed as a source of food in many cultures, including those of the Pacific Islands. Although perhaps 100 or more of the over 500 sea plants in the Pacific region are edible, relatively few are eaten in any one country, and knowledge of how to prepare and cook sea vegetables is limited. We hope to stimulate interest in the use of sea plants because they are highly nutritious and also have medicinal value as preventative medicine for heart disease and other illnesses.

In this book we present a blend of recipes indigenous to the Pacific, and other recipes adapted from Asia and North America. We have tried to focus on recipes that use foods likely to be available in rural communities, and on methods of cooking that are simple.

Because sea plants vary from place to place and season to season, you may get some unexpected results, especially when using sea vegetables that form jellies. You may get a stiff jelly when trying to make a soft pudding, or vice versa, so adjust recipes to suit local resources. Sea plant jellies are very versatile. If yours is too stiff or too soft, just reheat and melt it, and add either more sea plant or more liquid according to your needs.

Have fun with this recipe book and feel free to improvise. Add your own favorite spices and flavourings and if you do not have exactly what the recipe calls for, try substituting with what you do have at hand. If you come up with a wonderful new recipe, please tell us about it! Write to Tony Chamberlain, Marine Studies Program, University of the South Pacific, Suva, Fiji Islands.

For advice on how to find, collect and preserve sea vegetables please refer to the main volume, "Sea Plants" by I Novaczek. For help in identifying sea vegetables, please refer to our companion volume "A Guide to the Common Edible and Medicinal Sea Plants of the Pacific Islands".

Irene Novaczek, PhD

March 2001

## Raw Sea Vegetables

Raw sea vegetables contain many vitamins and minerals that are lost or broken down by cooking. All sea vegetables may be eaten raw, although most benefit from being mixed with other vegetables and a salad dressing. The following ones are particularly good as raw snacks.

*Scinaia* and *Solieria* are two very delicious and tender red sea vegetables that may be eaten raw without any dressing.

*Codium* and *Caulerpa* are excellent when eaten raw, either alone or with a boiled root vegetable such as taro (dalo), yam, breadfruit or cassava (manioc, tapioca). They can be eaten plain or with a squeeze of lemon juice, a dash of salt and vinegar or with more complicated dressings (see below).

*Enteromorpha* makes an excellent spice if it is chopped fine and mixed with a sprinkling of salt. This should be placed in a container with a lid and kept for a few hours to develop its rich flavour. Salted *Enteromorpha* will keep a long time if refrigerated, and can be used as a side dish for any seafood. You can do the same thing with *Sargassum* tips.

*Cladosiphon* and *Roseningea* are two rather similar, slippery, jelly-like brown sea plants that are also eaten raw, with or without a squeeze of lemon juice.

*Acanthophora* and *Laurencia* may also be eaten fresh with a dressing of lemon juice or vinegar. These acidic juices wilt the plants, so that they are no longer prickly.

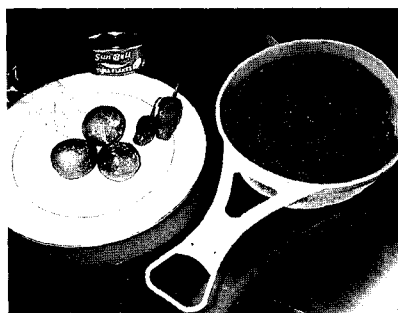
### **Nama salad Fiji style**

#### **Ingredients**

- 4 cups of sea grapes or other species of *Caulerpa*
- 2 tablespoons fermented coconut (kora) or grated fresh coconut
- 1 small tin of tuna, including the juice
- several sliced chillies
- 1 thinly sliced onion
- juice of 1 large lemon (1-2 tablespoons)



The hair-like *Enteromorpha* is tough when fresh and must be chopped up very fine. Here Wana Sivoi is making salted *Enteromorpha* spice.

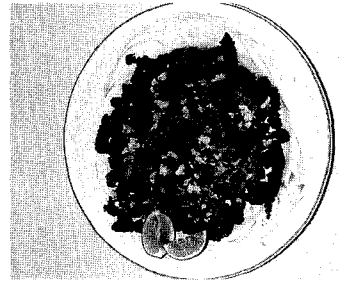


Nama salad ingredients.



## Method

1. Finely slice the onion and chillies, and open the tin of tuna.
2. Clean the *Caulerpa* carefully. Pull the upright sea grapes or feathers off and throw away the basal runner and roots. If you are using the fleshy type of *Caulerpa*, chop it into 2-4 cm lengths.
3. Combine all the ingredients in a bowl, toss to mix, and eat immediately.



Nama Salad.

## Nama salad in coconut milk with sea vegetable flakes

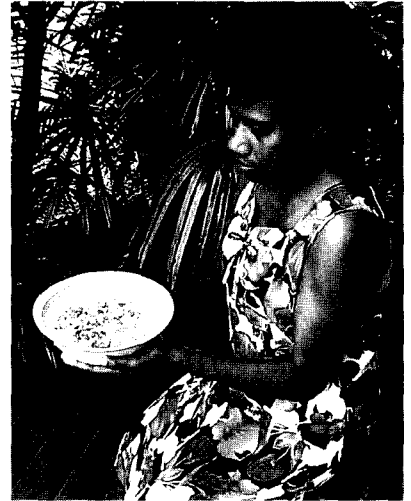
Note: To make sea vegetable flakes, see page 6

### Ingredients

- 1 cup clean sea grapes or sea feathers (*Caulerpa*)
- 1 cup fresh coconut milk
- $\frac{1}{2}$  onion, sliced fine
- $\frac{1}{2}$  carrot, grated
- 2 small red chillies, chopped
- 1 tablespoon lemon juice
- 1 tablespoon dried sea vegetable flakes (optional)

### Method

1. Place *Caulerpa* in a clean bowl and mix together with the coconut milk, sliced onion, grated carrot, chillies and lemon juice.
2. Sprinkle sea vegetables flakes on top.
3. Eat this together with cold cooked rice, taro, breadfruit or other starchy vegetable.



Nama salad in coconut milk.

## Sea vegetable salad in Filipino sauce

When making this salad you may also add chopped, blanched *Laurencia*, *Sargassum*, *Turbinaria* or *Gracilaria*.

### Ingredients

- 3 cups large branched *Codium*, blanched and chopped
- 4 chopped tomatoes
- $\frac{1}{2}$  teaspoon salt
- 2 tablespoon chopped green onions
- 1 tablespoon chopped fresh ginger
- soya sauce

### Method

1. Boil 1 litre of water.
2. Remove the pot of water from the stove.
3. Blanch *Codium* by placing it in the hot water briefly, until it changes colour and wilts. Remove the *Codium* from the hot water and chop it up.
4. Slice the onion and ginger thinly.
5. Mix the *Codium* with the onion, salt and ginger.
6. Moisten the mixture with soya sauce and serve cold.

### Sweet and sour salad

Try this sweet and sour dressing on blanched *Gracilaria* or *Turbinaria*, fresh slices of *Halymenia* or fresh *Solieria*. Try tossing in finely chopped green sea vegetables (*Enteromorpha*, *Chaetomorpha* or *Ulva*) for added colour.

### Ingredients

- 2 cups clean, fresh or blanched sea vegetables, chopped
- $\frac{1}{2}$  cup soya sauce
- 1 tablespoon brown sugar
- $\frac{1}{3}$  cup vinegar or lemon juice
- 1 clove garlic, mashed (optional)

### Method

1. Mix all ingredients in a bowl until the sugar dissolves. Pour over sea vegetables just before serving.

### Totoyava (*Codium*) with kora and shellfish

### Ingredients

- 2 cups clean, chopped *Codium*
- juice of 1 large lemon
- 2 tablespoons of fresh or fermented coconut (kora)
- 1 cup of shellfish meats boiled, shucked and chopped

### Method

1. Clean and chop the *Codium*. Be careful to get rid of all sand and small shells.
2. Boil or steam the shellfish, then remove the meat from the shells. If the meat is tough, slice it across the grain.
3. Mix the sea vegetable and shellfish meat with coconut and lemon juice and serve immediately.



Sweet and sour salad.

## Codium salad with green mango

### Ingredients

- 1 cup clean, chopped *Codium*
- 1/2 sliced onion
- 1 chopped tomato
- 1/2 cup green (unripe) mango or unripe papaya, thinly sliced
- 1/4 cup soy sauce
- 1 tablespoon vinegar

### Method

1. Slice and chop the vegetables and toss together in a dressing of soy sauce and vinegar.

## Codium with sesame seeds

Note: You can use crushed, roasted nuts instead of sesame seeds.

### Ingredients

- 2 cups fresh *Codium*, cleaned and chopped into 2 cm pieces
- 3/4 cup teriyaki sauce
- 2 tablespoons roasted sesame seeds
- 1/2 cup chopped green onion

### Method

1. Clean and chop the *Codium*.
2. Roast the sesame seeds over medium heat in a dry frying pan.
3. Mix all ingredients together and let stand for 1 hour before serving.

## Alice and Meri's coconut milk salad

Note: This dressing can be used with any crisp, fresh sea vegetable.

### Ingredients

- 2 cups chopped fresh thorn grass (*Eucheuma*) or other sea vegetable
- 1 cup freshly squeezed coconut milk
- juice of 1/2 lemon (about 1 tablespoon)
- 2 chopped red chillies
- 2 cloves garlic, peeled and mashed



Crisp, fresh thorn grass (*Eucheuma*) being chopped up for salad.



Ensure all sea vegetables are well sorted and cleaned.

### Method

1. Scrape the meat from a coconut. Add 1 cup of water and squeeze the solids to release the milk. Separate out the solids and keep the milk.
2. Chop the clean, fresh thorn grass into 1 cm pieces and add to the coconut milk together with the lemon juice, chilli and garlic.
3. The result is chunks of crisp thorn grass floating in the coconut dressing.

### Enteromorpha salad

#### Ingredients

- 1 cup *Enteromorpha*, carefully cleaned and chopped fine
- 1 tablespoon fermented coconut
- $\frac{1}{2}$  onion, thinly sliced
- 2 chopped fresh red chillies

#### Method

1. Mix all ingredients together and serve with taro, breadfruit or other starchy vegetable.

### Green sea vegetables with onion

#### Ingredients

- 1 cup fresh, finely chopped *Enteromorpha* or *Chaetomorpha*, 1 onion, finely chopped
- 2 tablespoons fresh lemon juice or vinegar
- 1 tablespoon olive oil or other salad oil (optional)
- chopped chillies (to taste) or ground black pepper

#### Method

1. Carefully wash the green sea vegetables and squeeze them dry.
2. Chop the sea vegetables up very fine.
3. Mix with the other ingredients.
4. Serve with taro, breadfruit or other starch, and fish or shellfish.

## Lumi tamana salad

### Ingredients

- 1 cup fresh, chopped *Solieria* (lumi tamana) or *Scinaia*
- juice of 1 lemon
- 1 or 2 chopped chillies
- 1 onion, thinly sliced

### Method

1. Carefully clean the sea vegetables of any sand or grit, and rinse them briefly in clean fresh water.
2. Chop the sea vegetables and chillies, and slice the onion very thin.
3. Toss all ingredients together in a bowl with lemon juice, serve immediately.

## Fijian lumi salad

### Ingredients

- 2 cups blanched *Gracilaria* and/or raw *Solieria*
- 2 tablespoons grated fresh coconut
- 1 tablespoon fresh lemon juice
- 1/2 onion, thinly sliced
- 1 chopped chilli
- flakes of cooked or tinned fish (optional)

### Method

1. Blanch the *Gracilaria* in hot water for 2 minutes, then chop into 2-cm lengths.
2. Chop the onion and chilli and mix together with all other ingredients.

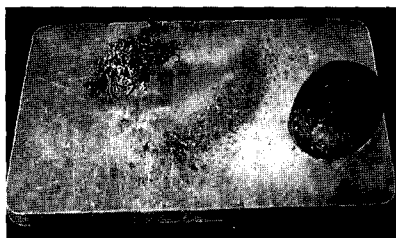
# Spices, Pickles, Relishes and Salad Dressings

## Flavour flakes

Dried sea vegetable flakes and powders can be used as a seasoning. They are especially good as a substitute for salt for people with high blood pressure. You can keep each type of flake separate, or combine them in a multicoloured mixture.



*Enteromorpha* makes delicious, bright green flakes when dried, crisped in a pan and crumbled.



Crisp dry *Sargassum* is easily pounded to make a fine powder.

### Ingredients

- clean young tips of *Sargassum*, or clean blades of *Padina*, dried crisp and crumbled (brown flakes)
- clean fresh, broad type of *Enteromorpha*, dried to a crisp and crumbled (green flakes)
- fresh *Halymentia* blades, dried to a crisp and crumbled (red flakes)

### Method

1. Carefully clean freshly harvested sea vegetables and spread them on a clean surface in the sun to dry. Be sure to turn them over every few minutes at first so they don't stick to the drying surface. You can also peg them up on a clothes line to dry.
2. When they are dried and warm to the touch, take them indoors and spread out on a baking pan. Warm them in an oven or over a flame for just a minute or two until they are crisp. Be careful not to burn them.
3. Remove from the heat and crumble them up between your finger tips. If you want to reduce them to a fine powder, pound them with a clean stone on a flat surface. Powders have a stronger flavour than flakes.
4. Sprinkle sea vegetable flakes on a salad, omelette, soup, stew, or baked potato, or add them to savory jellies or other vegetable dish, to add flavour, colour, vitamins and minerals.

### Storage

- To keep the sea vegetable flakes dry, put them in a salt shaker or small jar with holes in the lid, together with grains of rice that are too big to come through the holes. The rice will absorb moisture and will also keep the flakes shaken up and separated.
- If the weather is humid or rainy, keep the bottle in the fridge.
- If the flakes do get damp and sticky, dry them briefly on the stove or over a fire and crumble them up again.

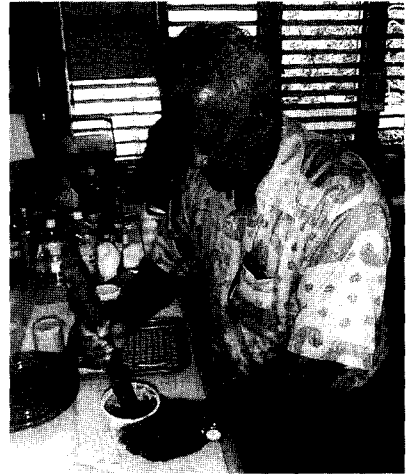
## ***Asparagopsis* spice**

### **Ingredients**

- fresh *Asparagopsis*
- salt

### **Method**

1. Soak the *Asparagopsis* in a bowl of fresh water overnight to remove some of the bitterness.
2. Remove the sea plant from the water, squeeze it dry, and pound it together with a sprinkling of salt.
3. Roll it up into little balls and put them in a container in the fridge until you want to use them.
4. Eat small amounts of the salted *Asparagopsis* raw with seafood, or add small bits to soups and stews to add a spicy, peppery flavour.



*Pound *Asparagopsis* with a sprinkling of salt.*

## ***Enteromorpha* spice**

### **Ingredients**

- fresh, clean *Enteromorpha*, chopped very fine
- 1 tablespoon of salt for every cup of fresh sea vegetable

### **Method**

1. Clean, drain, and squeeze dry the *Enteromorpha*.
2. Chop the *Enteromorpha* up very fine.
3. lightly salt (1 tablespoon per cup) and refrigerate to develop flavour. When ripe, the color will be dark green and the aroma will be pungent.
4. Eat with fish, add to stews, serve on crackers with cheese or use in salads.



*Sort, clean and drain *Enteromorpha*.*

## ***Sargassum* spice**

### **Ingredients**

- fresh young tips of *Sargassum*
- salt

### **Method**

1. Take fresh young tips of *Sargassum* and chop or grind them up.
2. Add salt (1 tablespoon salt per cup of sea vegetable) and keep in a covered container in the refrigerator.
3. Add this spice to soups and stews, or use it as a stuffing for baked fish.



**Sargassum* being chopped for spice.*

## Red lumi relish

### Ingredients

- 4 cups of *Gracilaria* or *Solieria*, cleaned and chopped in 4-cm lengths
- 1 handful of coarse salt
- 2 cloves of garlic, crushed
- 1/2 cup chopped onion
- 1/2 teaspoon paprika or pepper

### Method

1. Clean and chop the sea vegetable.
2. Mix with salt in a bowl and let stand overnight.
3. In the morning, pour off the liquid.
4. Add garlic, onion and paprika and mix well.
5. Pack into jars, seal and refrigerate. The flavour will improve over time.

## Hot lumi relish with sesame seeds

Note: instead of sesame seeds you can use ground roasted peanuts.

### Ingredients

- 4 cups *Gracilaria*, blanched and chopped
- 1 cup rice vinegar
- 1/2 cup soy sauce
- 1 tablespoon sesame oil
- 2 tablespoons roasted sesame seeds
- 2 tablespoon sugar
- 4 small, chopped chillies
- 2 cloves crushed garlic

### Method

1. Pour boiling hot water over the *Gracilaria* to blanch it for 2 minutes. Remove from the hot water and cool it in cold water. Drain dry.
2. Roast the sesame seeds over medium heat in a dry frying pan, until golden brown.
3. Mix all the other ingredients together until the sugar is dissolved. Add the sesame seeds.
4. Pour the sauce over the *Gracilaria*.
5. Pack the mixture into jars and keep in the fridge overnight before using.



## Thorn grass relish

The first time we tested this recipe in Fiji, the children wanted to eat it by the bowlful. It is a tangy, slightly crunchy side dish for any fish, shellfish or meat. For a spicy version of this sweet and sour relish, just add sliced chillies to the sauce.

### Ingredients

- 1 cup grated, fresh thorn grass (*Eucheuma*), blanched for 2 minutes
- $\frac{1}{4}$  cup vinegar
- 4 tablespoons brown sugar
- a pinch of salt
- 3 or 4 slices of fresh ginger
- $\frac{1}{4}$  onion, finely sliced

### Method

1. Grate the thorn grass end-on, using the side of the grater with the biggest holes, or slice it fine with a knife
2. Bring a cup of water to a boil, remove from the heat, and pour it over the grated thorn grass to blanch it. This reduces its bitterness. After 2 - 3 minutes, strain the sea plant.
3. Place the blanched thorn grass in a bowl or glass jar.
4. Place all the other ingredients in a small pot and bring them to a boil.
5. Reduce the heat and simmer for 10 minutes.
6. Pour the hot sauce over the thorn grass.
7. Let the mixture cool.

To store this relish for long periods, put it in a container with a lid and keep it in the refrigerator. The relish will also keep at room temperature for at least 3 days. Its flavour improves if you leave it at least one day before eating it.



*Vetiá Mataloto with thorn grass relish.*



*Cooking thorn grass relish.*

## Fiji style lumi wawa pickle

### Ingredients

- 1 cup clean, blanched *Gracilaria*, chopped
- 1 small onion, thinly sliced
- juice of 1 lemon (2 tablespoons)
- 1 tablespoon fermented coconut (optional)

### Method

1. Boil 2 cups of water. Remove from the stove and toss in the *Gracilaria*. After 1 minute, strain out the *Gracilaria* and chop it into 2-3 cm lengths. It will now be green and tender. Mix it with the other ingredients and serve cold with any seafood dish, or on top of taro, breadfruit or other starchy vegetable. This pickle will keep well in the fridge but will become less crisp with time.



*Gracilaria* kim chee.

## *Gracilaria* kim chee

### Ingredients

- 2 cups clean, blanched *Gracilaria*, chopped to 2-3 cm lengths
- 1 cup sliced onion

### Ingredients for sauce

- 2 tablespoons vinegar
- 2 tablespoons soy sauce
- 2 tablespoons brown sugar
- 2 minced chillies
- slices of fresh ginger
- 1 clove minced garlic

### Method

1. Mix the sauce ingredients until the sugar dissolves.
2. Pour the sauce over the onion and *Gracilaria*.
3. Leave it an hour or more for the flavour to develop. Store in the fridge.

## Red kim chee

You can also toss *Sargassum* tips and chopped fresh *Enteromorpha* into this kim chee.

### Ingredients

- 2 cups blanched *Gracilaria*, chopped
- 2 chopped chillies
- 2 cloves garlic, smashed and chopped

- 1 tablespoon of paprika
- 1 inch of fresh ginger, sliced fine
- 2 tablespoons of fresh lemon juice

### Method

1. Blanch the *Gracilaria* by pouring boiling water over it. Chop into 2-cm lengths.
2. Chop, measure and mix the other ingredients. Toss with the sea vegetables and pack into a jar with a lid. Keep it in the fridge. The flavour will improve over time.

## Potato salad with flavour flakes

### Ingredients

- 6 potatoes, boiled, cooled and cut into cubes
- $\frac{1}{4}$  cup mayonnaise (to make your own, see recipe below)
- 1 tablespoon fresh lemon juice
- $\frac{1}{2}$  onion, thinly sliced
- 1 tablespoon of sea vegetable flakes (red, green and/or brown - see recipe page 7)

### Method

1. Boil the potatoes until tender but not mushy.
2. Cool them in a pot of cold water, drain and chop into cubes.
3. Mix together the mayonnaise, lemon juice and sliced onion.
4. Toss the potatoes in the mayonnaise dressing.
5. Sprinkle with sea vegetable flakes.

## Eggless mayonnaise

yields 2 cups

### Ingredients

- $\frac{1}{2}$  cup thorn grass jelly (see page 24)
- 1 cup salad oil
- $\frac{1}{2}$  cup fresh lemon juice

### Method

1. Place the jelly and the oil in a pot over a low heat and cook the mixture, stirring continuously, for one minute. To be sure it is not overheated, use a double boiler if you have one.
2. Remove the pot from the heat and let it cool for a few seconds.
3. Place the jelly in a blender container and add the lemon juice.
4. Blend at a high speed for a few minutes until the mayonnaise is stiff.
5. Chill and serve.

## Thousand Island dressing

### Ingredients

- 1/2 cup thorn grass jelly (see page 24)
- 1 cup tomato juice
- 1/4 cup cider vinegar
- 1 tablespoon minced fresh parsley or other fresh green leaf
- 4 tablespoons sweet pickle relish
- 2 cloves garlic, peeled and minced

### Method

1. Place all of the ingredients in a blender container and blend until the dressing is creamy. Chill well before serving.

## Kora to eat with sea vegetables

Kora, or fermented coconut, is a tasty addition to any sea vegetable salad.

### Ingredients

- grated fresh coconut meat
- salt

### Method

1. Grate coconut meat and squeeze out the liquid.
2. Sprinkle it with salt and place in a covered pot.
3. Let it sit 2 days, then add more fresh grated coconut.
5. Let it sit overnight, then add more freshly grated coconut.
6. On the fourth day the kora is ready to eat.



*Grating coconut meat.*

# Cooked Sea Vegetable Dishes

## Sea vegetables in coconut sauce

Sea vegetables can be quickly cooked in coconut milk with onion. For variety, you can add one or more other ingredients such as tomato, chilli, fish, etc.

### Ingredients

- 2 cups fresh *Acanthophora*, *Caulerpa*, *Halymenia*, *Meristotheca*, *Gracilaria*, or *Solieria*.
- 2 cups coconut milk
- $\frac{1}{2}$  onion, chopped
- 1 tin of fish, chunks of fresh fish or shellfish meats (optional)
- juice of 1 lemon (optional)
- 1 chopped tomato (optional)
- 1 chopped chili pepper (optional)



*Acanthophora* in coconut sauce.

### Method

1. Carefully clean the sea vegetable, removing all stones, shell and dirt. Throw away any bits that are wilted or discoloured.
2. Chop the sea vegetable into 4-cm lengths or small chunks.
3. Slice the onion and any other vegetable you want to add.
4. Bring the coconut milk and onion to a boil. Add the sea plant and cook it until tender. If you wish, add other vegetables or fish; stir together until all are cooked.
5. Serve hot or cold.

## Sea lettuce and bacon

### Ingredients

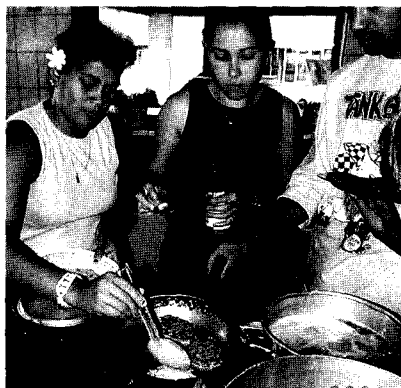
- 2 cups *Ulva* (sea lettuce)
- 2 slices of bacon
- $\frac{1}{2}$  cup vinegar
- pinch of salt and black pepper, or chopped fresh chillies

### Method

1. Clean the sea lettuce carefully and rinse it quickly in fresh water.
2. Chop the sea lettuce into small pieces and set aside to drain.
3. Fry the bacon in a frying pan until it is crisp.
4. Take the bacon out of the pan and toss in the sea lettuce.
5. Stir and fry the sea lettuce until the colour changes, then remove it from the heat and put it in a bowl.
6. Add the vinegar and mix well.
7. Crumble the crisp bacon and sprinkle it on top.
8. Season with salt and pepper and serve hot.

## Sea vegetable fritters

Many kinds of sea vegetables can be cooked in batter to make tasty fritters. For instance, you can add *Sargassum*, *Turbinaria*, *Gracilaria*, *Callophycus*, *Ulva*, *Enteromorpha*, *Halymenia*, *Hydroclathrus*, *Meristotheca* and/or sea vegetable flakes. You can also mix in other vegetables such as grated pumpkin.



Cooking fritters.

### Ingredients

- 2 cups fresh sea vegetables and/or other grated vegetables
- 1 cup flour
- $\frac{1}{2}$  teaspoon salt
- 1 tablespoon soy sauce
- 1 egg
- $\frac{3}{4}$  cup milk
- 1 onion, finely chopped
- 1 clove of garlic, mashed (optional)
- oil for deep frying

### Method

1. Clean and drain the sea vegetables, then chop into small pieces.
2. Mix the other ingredients except the oil to make a thin batter.
3. Pour oil into a frying pan, to a depth of 1-2 cm, and heat.
4. Mix the sea vegetables in with the batter.
5. Spoon the batter mixture one tablespoon at a time into the hot oil.
6. Fry the fritters until they float and turn golden brown.
7. Remove the fritters from the oil and place on a paper towel or rack so the excess oil drains off.
8. Serve hot.

## Soups and Stews

Sea vegetables of all kinds can be added to any soup or stew. The ones containing jelly will help thicken the mixture.

### Thick sea vegetable soup

#### Ingredients

- 3 cups water
- 1 cup of clean *Sargassum* tips
- 1/2 tablespoon grated ginger
- 1/2 cup grated cassava (tapioca)
- 1 chopped onion
- 1 chopped carrot
- any other vegetable you have in your kitchen

#### Method

1. In a pot, bring the water to a boil.
2. Add the *Sargassum*, ginger, onion and carrot; stir and cook briefly.
3. Stir in the grated cassava.
4. Cook until the vegetables are tender and the cassava has disappeared.



*Sargassum* soup ingredients.

### Clear *Sargassum* and spinach soup

#### Ingredients

- 4 cups water with 2 chicken stock cubes OR 4 cups of home-made clear chicken stock
- 1 cup *Sargassum* tips
- 1 cup chopped spinach
- 1/2 onion, chopped
- 2 chopped cloves of garlic

#### Method

1. Place all the vegetables in the chicken stock and boil briefly until tender.

## Pumpkin and sea plant curry

### Ingredients

- 4 cups pumpkin, chopped small
- 2 cups fresh *Gracilaria* (or 1 cup dried)
- 1 cup *Sargassum* tips
- 2 onions, sliced
- 2 cups green beans, chopped
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground black pepper
- 2 tablespoons curry powder
- chopped chillies, to taste (optional)
- 1 can tinned fish (optional)



Wash and chop the sea vegetables.

### Method

1. Wash and chop all vegetables.
2. Place the pumpkin and onion in a pot with enough water to cover them.
3. Bring the water to a boil then turn down the and simmer until the pumpkin has turned to mush.
4. Add the beans, sea vegetables, fish and spices and simmer until all are tender.

## Sea plant miso soup

Miso is a very nutritious paste made from fermented soybeans. You can find it in a Chinese grocery. If miso is not available, replace the miso and water with chicken or beef stock .

Serves 3-4

### Ingredients

- $\frac{1}{2}$  cup fresh thorn grass (*Eucheuma*), *Acanthophora*, *Hypnea* or *Halymenia*
- 2 tablespoons miso dissolved in 6 cups of water
- $\frac{1}{2}$  cup pumpkin or squash, diced
- 1 medium onion, diced
- $\frac{1}{4}$  cup fresh *Sargassum* tips (optional)
- chopped spinach or other greens, to garnish



**Method**

1. Thoroughly clean and rinse the sea vegetables.
2. Place the sea vegetables in a pot with the water.
3. Bring to a boil, reduce the flames and simmer until the sea vegetables have almost dissolved. Stir occasionally to prevent sticking.
4. Add the pumpkin and onion and cook uncovered for 10-15 minutes until soft.
5. Mix the miso with a little of the soup liquid, then add to the pot and simmer for 2 minutes over a very low heat.
6. Garnish with chopped greens.



*Thoroughly clean and rinse sea vegetables.*

Note: If the soup becomes too thick, add more water before adding the vegetables.

**Caribbean coconut cream soup**

6 servings

**Ingredients**

- 5 cups coconut cream
- 5 medium potatoes, halved
- 2 ripe plantain or sweet potatoes, halved
- 1 large onion
- 3 cloves garlic, peeled and chopped
- 1 cup cabbage, chopped
- 1/2 cup chopped spinach or other green vegetable
- 2/3 cup thorn grass jelly (see page 24)
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon hot red pepper
- salt to taste
- 2 teaspoons soy sauce
- 2 cups cooked rice

**Method**

1. Place all of the ingredients except the rice in a large kettle or pot and simmer them uncovered until the potatoes are cooked (cooking with the lid off keeps the coconut cream from separating).
2. Serve the mixture over rice.

## Hot and sour soup

This is a delicious Chinese soup that calls for some ingredients (soy sauce, tofu, miso) that you may only be able to buy from a Chinese grocery.

6 to 8 servings



*Preparing ingredients for hot and sour soup.*

### Ingredients

- 4 cups vegetable broth
- 2 stalks celery
- 1 cup squash or pumpkin, sliced
- 1 onion, peeled and chopped
- 2 cloves garlic, peeled and chopped
- 1 tablespoon margarine or butter
- 1/2 teaspoon black pepper
- 2 tablespoons vinegar (red wine vinegar is the best)
- 1 hot red chili, chopped
- 1/4 cup soya sauce
- 2/3 cup thorn grass jelly (page 24)
- 4 cakes of tofu (soybean cake), cut into small squares
- 2 tablespoons miso
- 2 eggs, lightly beaten

### Method

1. Heat the broth, vegetables, and seasonings in a large pot until the become soft.
2. Add the jelly and the bean cake.
3. Simmer gently for 4 minutes.
4. Mix the miso with a little of the hot broth and then add it to the soup.
5. Slowly drip the beaten eggs into the soup to form egg drops. Serve the soup immediately.

# Savoury Jellies

## Coconut and fish jelly

When you use *Acanthophora* in this recipe you will get a soft jelly-like a pudding, to eat with a spoon. If you use *Hypnea* or *Eucheuma*, the result will be a stiff jelly that can be cut into squares and picked up with the fingers.

Note: Dried sea vegetables can also be used in this recipe. Soak them in just enough fresh water to cover them, for half an hour, to bring them back to fresh condition.

### Ingredients

- 2 cups coconut milk
- 2 cups fresh, chopped *Acanthophora* OR *Hypnea* OR *Eucheuma*
- 1 onion, sliced
- 1 tin of mackerel or 1 cup of fresh fish pieces

### Method

1. Put the coconut milk in a pot and bring to a boil.
2. Add the sea vegetable and onion and cook over medium heat, stirring frequently until the sea vegetable has broken up into small bits and the mixture has thickened. Near the end of cooking, add the fish.
3. Take the pot off the heat and pour the mixture into a bowl (if using *Acanthophora*) or flat pan (if using *Hypnea* or *Eucheuma*).
4. Allow to cool and set.
5. Serve cold.

## Tomato aspic

Aspic is a clear savoury jelly.

### Ingredients

- 4 cups of tomato juice, or mashed tinned tomatoes in their sauce
- 2 cups dried *Gelidiella* or *Callophycus*
- 1 teaspoon fresh lemon juice
- $\frac{1}{4}$  teaspoon fine ground black pepper
- 1 teaspoon parsley or green sea vegetable flakes

### Method

1. Place dried sea vegetables in fresh water for up to an hour, until restored to their original size.
2. Clean carefully to remove any shells and grit.
3. Chop the clean sea vegetables into 1-2 cm lengths.
4. Place the sea vegetables in a pot with the tomato juice and lemon juice and bring to a boil.
5. Reduce the heat and simmer until the sea vegetables have melted into tiny flecks.
6. Strain through a sieve, pushing through any tomato solids but holding back any chunks of sea vegetable.
7. Add black pepper and parsley or sea vegetable flakes and stir well.
8. Pour the mixture into an oiled bowl or mould.
9. Place in the fridge until set.
10. Turn bowl upside down over a plate to release the aspic.
11. Serve chilled as a side dish, or spread on crackers with cheese.

# Drinks

## Ginger tonic for colds and flu

This is an excellent drink when you have a sore throat, cold or flu. The ginger helps to clear mucous from your chest if you are congested and coughing.

### Ingredients

- 1/2 cup raw thorn grass, chopped fine (you can also use dried and soaked thorn grass)
- 1 1/2 cup water
- 3 slices fresh ginger (optional)
- 1 tablespoon honey or brown sugar
- 1 tablespoon fresh lemon or orange juice

### Method

1. Place the chopped thorn grass in a pot with water and bring to a boil.
2. Add the ginger.
3. Simmer over low heat until the sea plant melts away.
4. Add the lemon juice and honey or sugar.
5. If there are still small lumps, push the mixture through a piece of cotton or a sieve.

## Citrus carrageenan tonic

This is a great tonic for children when they have a sore throat, cold or flu or chronic chest infection. For older patients who have aches and pains, you can add an ounce of rum.

### Ingredients

- 1 cup water
- 1/4 cup *Eucheuma* or *Hypnea*
- 1 cup fresh orange juice
- 1 tablespoon fresh lemon juice
- 2 tablespoons honey

### Method

1. Boil the sea plants in water until they dissolve. If there are solids remaining after half an hour, push them through a sieve.
2. Mix with the fruit juice and sweeten with honey.

## **Sargassum slimming tea**

This tea is recommended only for people who are overweight and trying to lose weight. One cup a day is enough. People of normal body weight or who are only slightly heavy should not drink this tea on a daily basis. It can overstimulate your system and cause damage.

### **Ingredients**

- 1 cup boiling water
- 4-6 clean *Sargassum* tips (fresh or dried)

### **Method**

1. Pour the boiling water over the *Sargassum*.
2. Let it steep for 5 minutes, then drink it slowly

## **Sea moss cocktails**

In Jamaica this drink is believed to have aphrodisiac qualities. Sometimes dark stout beer is added as well as, or instead of, the rum. This recipe makes 8 - 12 servings.

### **Ingredients**

- 2 litres of water
- $\frac{1}{2}$  cup dried *Gracilaria* or *Eucheuma*
- 2-3 sticks of cinnamon
- 1 tablespoon vanilla essence
- 1 small can (12-14 oz) of condensed milk
- 2 tablespoons of honey or brown sugar (omit this if using sweetened condensed milk)
- 1 ounce of rum per serving
- 1 litre crushed ice
- $\frac{1}{4}$  teaspoon finely grated nutmeg

### **Method**

1. Rehydrate the dried sea vegetables, clean them carefully and chop into small pieces.
2. Place the sea vegetables and cinnamon sticks in a large pot with the water and it bring to a boil.
3. Reduce the heat and simmer, stirring frequently, until the sea plants dissolve.
4. Remove from heat and strain out the cinnamon sticks and any remaining sea plant solids. Let the mixture cool slightly but do not let it gel.
5. Add the milk, honey, vanilla, ice and rum and mix well with a hand or electric mixer, or buzz it in a blender.
6. Pour the mix into glasses and sprinkle each one with a touch of nutmeg. Serve icy cold.

## Desserts

### Drying and bleaching the jelly sea plants

When making sweet puddings and jellies, people sometimes like to have a white, neutral jelly as a base. It is easy to prepare the sea vegetables to remove their colour and salty flavour by repeatedly drying and wetting the plants. Spread clean *Euचेuma*, *Gracilaria*, *Gelidiella*, or *Callophycus* on a clean, flat surface (tin, plastic sheet, cardboard, grass mat, etc) in the sun to dry. Turn the plants over every 15-30 minutes at first so they do not stick to the drying platform. When they are dry, place them in a pail of clean seawater until they swell up, then spread them in the sun to dry again. Repeat this several times until they are very pale or white in colour.

Store dried, bleached sea plants in a plastic bag away from direct sun and dampness.

When you want to use the plants for making sweet jellies and puddings, soak them in rice water. This is the milky looking water you get when you wash rice. Small plants will need to soak only a few minutes. Large thorn grass (*Euचेuma*) should be soaked overnight until soft. Then chop it up and prepare a basic jelly for use in other recipes (see below).

You can make a firm jelly with *Hypnea*, or a soft jelly with *Acanthophora*. These plants are naturally pale and mild in flavour. They can be dried for long-term storage but do not need to be bleached.

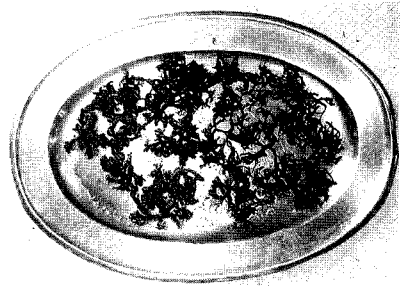
### Basic thorn grass jelly

#### Ingredients

- 1 cup thorn grass that has been bleached, dried and then soaked in rice water
- 2 cups water
- 1 tablespoon fresh lemon juice.

#### Method

1. Chop the thorn grass, place it in a pot with water and bring to a boil.
2. Add the lemon juice and cook over a low heat, stirring occasionally, for about 30 minutes or until the thorn grass dissolves.
3. Remove the pot from the heat and pour the jelly into a jar. If it is



*Euचेuma* bleached



*Gracilaria* jelly can be used to make puddings, thicken soups and stews, or be applied to the skin and hair.  
Basic thorn grass jelly

still a bit lumpy and you have a blender, you can blend it at high speed for a few minutes.

4. Put the lid on the jar of jelly and keep it in the refrigerator until you need to use it.



*Gracilaria, a source of valuable agar jelly*



*Boil Gracilaria, with lemon to make a slippery jelly.*

## Basic *Gracilaria* jelly

### Ingredients

- 1 cup *Gracilaria* that has been bleached, dried then soaked in rice water
- 1 cup water
- 1 tablespoon fresh lemon juice

### Method

1. Chop the sea plant, place it in a pot with water and bring to a boil.
2. Add the lemon juice and cook over low heat, stirring occasionally, until the sea plant falls apart into small flecks.
3. Remove the pot from the heat, allow it to cool and then pour the jelly into a jar.
4. Cover the jar and keep it in the fridge until you need it.

## Fruit jelly

This recipe will provide a stiff jelly that can be cut into squares and served like candy. You can use any fruit juice or simply lemon juice in water.

### Ingredients

- 1 cup dried, bleached *Gelidiella* or *Callophycus* or *Euचेuma* or *Hypnea*
- 2 cups any sort of fruit juice or water
- 1 tablespoon fresh lemon juice
- 1 tablespoon sugar

### Method

1. Take the dried, bleached sea plant, chop it up and put it in a pot with the fruit juice. Soak *Gelidiella* or *Hypnea* for 10 minutes; *Callophycus* or *Euचेuma* for 30 minutes.
2. Bring to a boil.
3. Add the sugar and lemon juice and simmer, stirring frequently.
4. After the sea plant has broken up into very fine bits, push the mixture through a strainer or through a piece of clean muslin cloth to remove any remaining solids.
5. Pour the clear fluid into a shallow flat pan and let it cool and set.



Notes: If you prefer, keep the sea vegetable solids in the jelly rather than straining them out. If you strain out the solids, the jelly will be pale and slightly chewy. If you leave them in, it will be firm and grainy, and darker.

You may also add a few drops of food colouring to make coloured jelly.

You can use any greased bowl or shaped dish as a mold. Pour in the hot jelly and after it sets, turn the mold upside down to get the jelly to slip out onto a plate.

## Guava jelly

This delicious jelly can be spread on bread, used as a topping for ice cream or eaten as a pudding. It is soft, not stiff. Try substituting any of your favorite fruit for the guavas.

### Ingredients

- 1 dozen ripe guavas, cooked and sieved
- an equal volume of basic *Gracilaria* jelly (for a soft jelly) or thorn grass jelly (for a firmer product)
- 2 tablespoons sugar or honey

### Method

1. Split the guavas and scoop out the flesh into a cooking pot.
2. Cook over medium heat, adding enough water to keep it from sticking to the bottom.
3. Add 2 tablespoons of honey or brown sugar, and mix well.
4. When the guava has cooked down to a smooth pulp, push it through a sieve to remove the seeds.
5. Return the guava pulp to the pot and add an equal volume of *Gracilaria* jelly or basic thorn grass jelly. Heat briefly and mix well.
6. Place the guava jelly in a bottle with a lid and keep it in the refrigerator.



Chopped fresh *Gracilaria*.

## Fijian lumi wawa pudding

If you use bleached, dried *Gracilaria* the sea plant flavour will be mild. However, because you add vanilla, which has a strong flavour, you can use fresh *Gracilaria* and still have a delicious pudding. This pudding has a delightfully light texture.

### Ingredients

- 1 litre (4 cups) of basic *Gracilaria* jelly, or 1 litre of chopped fresh *Gracilaria* plus 2 tablespoons of fresh lemon juice in a small amount of water. Thorn grass jelly may also be used, but then you only need half a litre.
- 1 litre of milk
- 2 tablespoons brown sugar
- 1 teaspoon of vanilla essence, or half of 1 dried vanilla pod
- any fresh fruit available (optional)

### Method

1. If you use fresh *Gracilaria*, first boil it in as little water possible, together with the lemon juice, until it falls apart; about a half hour.
2. Mix the *Gracilaria* jelly with an equal volume of milk and cook the mixture for a few minutes over a low heat. Because of the lemon juice, the milk will curdle and separate. This is supposed to happen.
3. Add the sugar and vanilla and mix well. Remove from the heat and pour into a large bowl, or into individual serving bowls. You can place slices of fresh fruit in the bowl(s) before pouring in the pudding.
4. As the pudding cools, it may separate again. Just stir it well before it sets.

## Coconut pudding

Coconut cream contains a lot of saturated fat and is not recommended if you are trying to control your weight. To reduce the fat content of this recipe, use freshly squeezed coconut milk thinned down with water. To further reduce calories, use only 1 tablespoon of sugar.

This recipe can use any of the jelly sea plants. Thorn grass and *Hypnea* will make a stiff pudding or jelly. For a soft pudding, use *Acanthophora*.

## Ingredients

- 2 cups of thorn grass (*Euchcuma*) that has been dried and then soaked in rice water OR 1 cup fresh thorn grass, chopped fine; OR 2 cups of chopped fresh *Hypnea* OR 4 cups of chopped fresh *Acanthophora*.
- 4 cups coconut milk
- 2 tablespoons white or brown sugar
- 1 tablespoon lemon juice
- 1 teaspoon of vanilla essence or other flavouring, or 1 dried vanilla pod

## Method

1. Chop the sea plants into small pieces and place them in a pot with the coconut milk, sugar and lemon juice.
2. Bring the mixture to a boil, then cook over low heat, stirring frequently, until the sea plants turn into soft jelly. If you are using dried vanilla pod, cook it together with this mixture.
3. To get rid of lumps, push the mixture through a sieve.
4. Add the vanilla extract (if using liquid vanilla) and stir well.
5. If the mixture cools and gels before you can get it through the sieve, put it all back in the pot, add water to thin it out a bit, and then try again.
6. Pour the pudding into a bowl and let it set.



*Cooking coconut pudding.*

## Cassava and lumi laplap

This dessert is made in layers in a large shallow pan. The bottom layer is made of cooked cassava (tapioca). The top is made of a coconut pudding. In between is a layer of fresh fruit. You can use sliced bananas, mango, papaya or other available fruit, or a combination of several fruits.

Coconut milk is made by squeezing freshly grated coconut in water, and is also available in cans. The canned product is more fatty and can be thinned out with water before use.

## Ingredients

- 4 small cassava, grated
- 2 tablespoons sugar
- 4 cups clean, chopped *Acanthophora* (fresh or rehydrated from dried plants)
- 4 cups coconut milk (from 2 grated coconuts)
- 1 tablespoon fresh lemon juice
- ripe pawpaw (papaya), mangos, bananas or other fruit

## Method

### Bottom layer

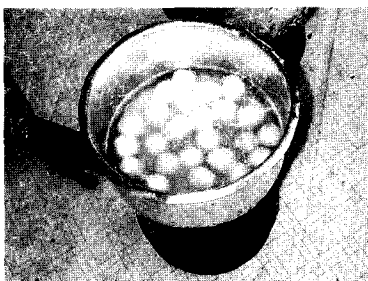
1. Fill a large pot halfway with water and bring to a boil.
2. Mix the grated cassava with the sugar and roll it into balls about 2 cm wide.
3. Drop the cassava balls into the pot of boiling water.
4. Boil the cassava balls for 10 minutes, turning them over occasionally to cook all sides.
5. Remove the cassava balls from the water, place them in a shallow pan. Put a bit of coconut milk in the bottom of the pan so the cassava does not stick.
6. Break the balls apart and knead them, making a flat layer of cooked cassava on the bottom of the pan.



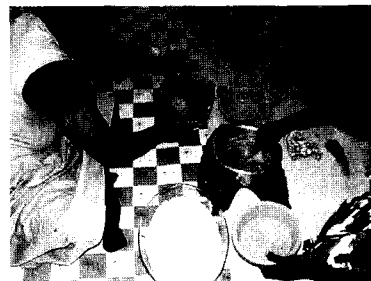
Grating Cassava.



Roll grated Cassava with sugar to make balls.



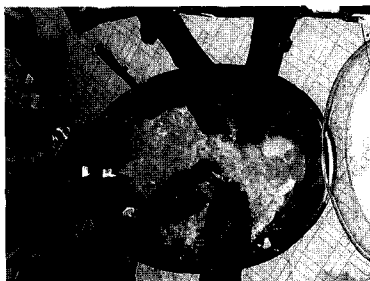
Boiling the cassava balls.



Break up cooked cassava balls in the bottom of a shallow pan, using coconut milk to prevent sticking.

### Top layer

1. While the cassava is boiling, place the *Acanthophora* in an equal volume of coconut milk in a second pot and bring to a boil. Continue to cook it over low heat, stirring often until the *Acanthophora* is soft and falling apart. Stir in the lemon juice and remove from the heat.
2. Place a layer of fruit slices on top of the cassava layer, then pour the coconut pudding over the top of the fruit. Put the pan in a cool place to set, or in an ice box or fridge.



Mash and press the cassava into a flat layer.



Place layers of fruit and *Acanthophora* pudding on top of the cassava.

## Sweet potato and lumi laplap

Make this like the cassava and lumi laplap, but use boiled and mashed sweet potatoes for the bottom layer instead of cassava. You can substitute *Hypnea* for the *Acanthophora* in this recipe, and the top layer will then have a stiffer jelly.

### Ingredients

- 4 small sweet potatoes
- 4 mangoes
- 2 cups fresh *Acanthophora* or *Hypnea*
- 2 cups coconut milk

### Method

1. Boil the sweet potatoes.
2. Mash the potatoes and spread them in a shallow dish.
3. Cook the *Acanthophora* with the coconut milk until soft and falling apart.
4. Slice the mangoes and spread them on top of the mashed potatoes.
5. Pour the coconut and sea plant mixture over the top.
6. Allow to cool and set before eating.

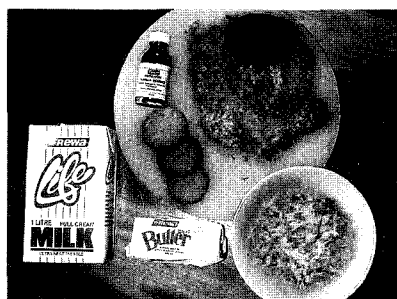
## Fancy sea plant pie

This pie is a good substitute for cheesecake. You need a refrigerator to make the pie shell stiff, or you could use a baked pastry shell instead of the one in this recipe.

Because you want the pie filling to set nice and firm, *Hypnea* and thorn grass (*Eucheuma*) are good sources of jelly. The stiffness may vary from place to place and season to season, so you should experiment with it first. Just boil a small amount in an equal volume of milk and see if it sets firm. If not, put it back in the pot and add more thorn grass until you get the result you want.

### Ingredients for an 8-inch (20 cm) pie shell

- 1  $\frac{1}{4}$  cups graham crackers or other plain cookies, crumbled
- $\frac{1}{3}$  cup soft butter or margarine
- $\frac{1}{4}$  cup brown sugar (optional - depends on the sweetness of the cookies)
- $\frac{1}{4}$  teaspoon ground cinnamon or cardamom (optional)



Sea plant pie ingredients.

### Ingredients for pie filling

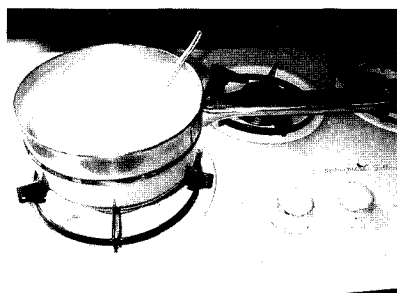
- 1 cup clean fresh *Hypnea* OR  $\frac{1}{2}$  cup bleached and rehydrated thorn grass (*Eucheuma*)
- 1  $\frac{1}{2}$  cups milk
- 2 tablespoons of sugar
- 2 teaspoons vanilla extract
- slices of fresh fruit (pineapple, sweet orange, banana or whatever you like)
- pinch of salt



Sea plant pie base.

### Method

1. Using a rolling pin, press the cookies into crumbs.
2. Grease a pie dish with a small amount of butter.
3. Mix the cookie crumbs with the rest of the butter (and sugar if needed) and press the mixture into the bottom and sides of the pie dish.
4. Place the pie shell in the fridge or freezer to harden.
5. Chop the clean sea plants into small pieces and simmer in the milk together with the sugar, salt and vanilla.
6. When all the sea plant has softened and is dissolving, push the mixture through a sieve to make it smooth and creamy. If it hardens before you can push it through the sieve, put it back on the stove to reheat it and add more milk until it is thin enough to pour.
7. Take the pie shell from the fridge and spread slices of fresh fruit over the bottom.
8. Pour the cooked milk mixture into the pie shell, over the top of the fruit. Put it in the fridge to set.
9. When the pie is firm, you can decorate the top with more thin slices of fruit or with some edible flowers.



Sea plant pie - *Eucheuma* in milk.



Sea plant pie.

# Sweet Sauces and Candies

## Ice cream topping

### Ingredients

- 1 cup thorn grass (*Eucheuma*), either fresh or dried and soaked
- 2 cups water
- 1/2 cup sugar (or 2 cups pounded sugar cane)
- 2 drops red food colouring

### Method

1. Chop the thorn grass into small pieces. If fresh, blanch in hot water for 1 minute. Throw away the water.
2. Dissolve the sugar in 2 cups of fresh water.
3. Boil the thorn grass in the sugar water until it melts. If lumps persist, or if you are using sugar cane, push the mixture through a sieve to remove solid material.
4. Add one or two drops of red food colouring, or mix in some red fruit.
5. Continue to cook over a low heat until thick.
6. Pour the jelly into a jar, let cool and keep in fridge.
7. Use it as a topping for vanilla ice cream.

## Candied thorn grass - version 1

### Ingredients

- 1 pot boiling hot water
- 2 cups of slender branches of thorn grass (*Eucheuma*), either fresh or dried and soaked
- 2 cups sugar
- a few drops of food colouring (any colour)
- 1 cup water to dissolve the sugar

### Method

1. Pour hot water over the thorn grass to blanch it. Remove the thorn grass from the water after 2 minutes.
2. Add a drop or two of colouring to the thorn grass and mix well.
3. Dissolve the sugar in 1 cup of water. Boil the mixture until it starts to become thick.
4. Pour the sugar syrup over the thorn grass and let it sit for at least 10 minutes.
5. Remove the thorn grass from the syrup using a sieve.
6. Spread the sweet thorn grass on a flat pan and set it in the sun for several hours until it is dry.
7. Store the dried candy in a clean, sealed container.

Note: you can use the left-over sugar water to make sweet jelly by adding an equal volume of chopped thorn grass and cooking it until the thorn grass disappears.



Sprigs of thorn grass (*Eucheuma*) coloured with food colouring, soaked in sugar syrup and sun dried, make a tasty, gummy candy.

## Candied thorn grass - version 2



Break *Eucheuma* into 2cm lengths.



Pour sugar syrup over the candy worms.

### Ingredients

- 1 cup fresh or rehydrated thorn grass (*Eucheuma*) and enough boiled water to blanch it
- 1 cup water
- 1 cup sugar
- several drops of food colouring
- 1 cup powdered (castor) sugar

### Method

1. Blanch the thorn grass for 1-2 minutes.
2. Chop it into 2 cm lengths and mix well with the food colouring.
3. Dissolve 1 cup of sugar in the water and simmer. Remove from heat and let cool.
4. Pour the sugar syrup over the thorn grass in a jar and cover with a lid.
5. Soak the thorn grass in the sugar syrup for one week. Half way through the week, replace the syrup with fresh sugar syrup.
6. Remove the thorn grass from the syrup and spread it on a pan to dry in the sun.
7. When the candy is dry to the touch, coat it with castor sugar.
8. Remove excess sugar by sieving. Store the candies in a bottle with a lid in a cool place.

## Gracilaria candy

To make this delicious candy you can use any kind of nut (for example peanut, kanari, vutu, or vala) or seed (sunflower, sesame).

### Ingredients

- 1 litre of boiled water for blanching
- 2 cups brown sugar
- 1 cup water
- 1 teaspoon of butter
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 1/2 cup of roasted and crushed nuts, or seeds
- 4 cups of blanched *Gracilaria*, chopped into pieces about 4 cm long

### Method

1. Boil 1 litre of fresh water; remove from heat.
2. Clean the *Gracilaria* and blanch it by pouring hot water over it.
3. After 1 minute, remove the *Gracilaria* from the hot water, chop it



into 4 cm lengths and place it in a bowl.

4. If the nuts or seeds you have are raw, roast them in an oven or in a heavy pan over the fire, turning them frequently until golden brown.
5. Crush the nuts or seeds using a mortar and pestle, or use a rolling pin and cutting board. Spread the crushed nuts out on a plate.
6. Boil the sugar with 1 cup of water and the butter until it thickens and froths. Cook it until, when you drop a small sample from the end of a spoon into a glass of cold water, it forms a ball.
7. Remove the thick sugar syrup from the heat, add vanilla and lemon juice and stir.
8. Pour the thick syrup over the *Gracilaria* and mix well. Let the mixture cool.
9. Using your fingers, pinch off small lumps of the *Gracilaria* mixture, and shape into little balls the size of the end of your thumb. Roll each ball in the crushed nuts until coated.
10. Set the nut-coated candies on a plate and leave them in the sun until dry.
11. Store in a sealed jar.

## Orange sauce

### Ingredients

- 2 cups thorn grass (*Eucheuma*) or *Hypnea*
- 3 cups of water
- 1 cup of raisins or sultanas
- a pinch of salt
- 2 tablespoons of orange rind, finely grated
- juice from 2 oranges
- $\frac{1}{4}$  cup chopped, roasted nuts
- a few teaspoons of sugar (optional)

### Method

1. Bring the thorn grass and water to a boil. Reduce the heat and simmer for  $\frac{1}{2}$  hour.
2. Add the raisins and a pinch of salt and simmer  $\frac{1}{2}$  hour more or until the sea vegetable has almost dissolved. Stir occasionally to prevent sticking.
3. Add the orange rind and juice.
4. If the sauce is not sweet enough add a few teaspoons of sugar. Cook for 2-3 minutes.
5. Add the chopped roasted nuts.
6. Serve this sauce as a pudding or as a topping for ice cream or plain cake, either hot or cold. It is also nice with roast chicken, duck or pork.

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