Discover the delicious world of Organic Irish Seaweeds; we have put together some tried & tested recipes to get you started.

The Talty Family harvest a variety of over ten Irish Seaweeds, meaning there is a Wild Irish Seaweed to suit every taste.

Seaweeds are a great source of nutrition, but they also have a great taste and are incredibly versatile.

Seaweeds can be used easily in your daily diet. Add your Wild Irish Seaweed to Soups, Salads, Stir Fry’s, Pizza’s, Pasta, Potatoes & Rice; you can even add some seaweed into your porridge!

For more recipes visit www.wildirishseaweeds.com
About Wild Irish Seaweeds

The Basics:

- You can use your Wild Irish Seaweed straight from the bag, just check for crustaceans etc as this is a natural product.

- **Dillisk** is commonly eaten straight from the bag as a salty flavoured snack (**Dillisk** is actually low in sodium & high in manganese which gives it its salty flavour. Add some Dillisk sprinkles to every meal as a healthy salt replacement.

- Some recipes call for re-hydrated seaweed, just soak your seaweed in a bowl of water for 15-20 minutes and its good to go, you can also use the soaking water if your recipe calls for liquid.

- Soaking your seaweed will also help reduce the flavour if you prefer a milder taste.

- **Sea Spaghetti** is a great alternative to regular spaghetti and it contains much more nutrients and minerals. **Sea Spaghetti** is a very versatile seaweed, it has a mild flavour meaning it goes great with any dish!

- If your looking to get more nutrients & minerals in to your diet our **Sea Salad mix** is super handy, use our **Sea Salad** sprinkles in everything !! Soups, Salads, Pizza, Pasta, Baked Potatoes, Rice, even on popcorn! **Sea Salad** contains 4 different seaweeds green, brown & red so you get everything seaweed has to offer in one handy condiment and it tastes great too!

- **Carrageen** has been used for centuries as a cough & cold remedy. Its natural gelatine properties means you have probably already used or eaten **carrageen** in Ham, Ice Cream, Soap etc. Boil up some **carrageen**, sieve it into a jug & mix in your favourite cordial or flavouring - let it set and you have a tasty jelly that will help easy that pesky winter cough. Kids love this too!

- Try adding some **Wakame** to your smoothies for an extra immunity boost.

- **Sugar Kelp**, **Kombu Kelp** & **Dillisk** will be your new go to snack, they are addictive ... Chop up the dry seaweed with a scissors, toss in an oil of your choice & put them in a hot oven from 8-10 minutes tossing regularly until they change color, this intensifies the flavour. Pat some of the excess oil off and place them in an air tight container for a few days. Happy Snacking!

- Nori is more commonly known in Ireland as sleabhacán, usually this old irish staple would take 3 hours + to boil up with some bacon. But our handy sprinkles means it cooks much quicker and can be added to any dish as a condiment, nori is high in protein & a great source of vitamins E & B12.

- **Bladderwrack** is a natural anti inflammatory and can improve digestive health. It is also a mineral rich Anti-Fungal that is proven to help with weight loss and Thyroid Improvement.

For more information & Recipes visit www.wildirishseaweeds.com

Credit to Prannie Rhatigans Irish Seaweed Kitchen & Sally McKenna’s Extreme Greens books for some Recipes and Information
Dillisk Bread

Serves 4

Ingredients
25g Wild Irish Sea Veg Dillisk Sprinkles
4 eggs
50g caster sugar
110g melted butter
250g flour (sieved)
14 tsp baking powder

Preheat the oven to 140C/gas mark 1.

- Place the Wild Irish Sea Veg Dillisk Sprinkles into a sieve and soak in a bowl of water for 5-10 minutes, before patting it dry.
- Brush the inside of a loaf tin with a little butter.
- Put the eggs, Dillisk, sugar, butter and a pinch of salt into a bowl and mix. Fold in the flour and baking powder.
- Fill the tin with the mixture and bake for 40-50 minutes. Then check with a skewer - it should come out clean.
- Allow to cool before turning out and slicing.

Dillisk Crisps

- Preheat Oven at 190C/Gas mark 5
- Chop 50g of Wild Irish Sea Veg Dillisk into bite sized pieces.
- Coat the seaweed pieces lightly in oil
- Put the Dillisk Crisps in the oven for 8–15 minutes. Watching them carefully.
  When the Dillisk has turned slightly green in color they are cooked.
  Let cool & Enjoy
- Store in an air tight container for up to 3 days
Carrageen Jelly

**Ingredients**
- 10g carrageen
- 750ml whole milk
- 2 tbsp. sugar
- 1 egg yolk
- A few drops of vanilla essence
- 2-3 tsp drinking chocolate or cocoa

- Put the milk & carrageen into a saucepan. Bring to the boil & simmer for 30 minutes – the carrageen will become gelatinous and break up, the mix will start to thicken.
- Strain into a bowl, rubbing through a sieve. Return the milky mixture to the saucepan & add sugar, egg yolk & vanilla essence. Simmer for 1 to 2 minutes, stirring all the time.
- Remove from the heat and stir in the cocoa or chocolate thoroughly. Pour into a mould or dish and leave to set. This will take 3 or 4 hrs.

*Alternative suggestions: use citrus fruit instead of chocolate; use cinnamon or nutmeg instead of vanilla essence.*

Carrageen for Cough’s & Colds

7g Wild Irish Sea Veg Carrageen
- 500ml Water
- Juice & rind of 1 lemon
- 3 cloves
- Honey to taste

- Boil Carrageen in water, add lemon juice, rind & cloves.
- Simmer to 15-20 minutes.
- Strain & Add honey to taste
Sea Salad Stuffed Potato

Ingredients
2 baking potatoes
4 teaspoons softened butter
20g Wild Irish Sea Veg Sea Salad
40g cups shredded Cheddar cheese
Salt and pepper to taste
Fry-Lite cooking Spray

• Preheat the oven to 190°C, Prick the potatoes with a fork and coat with Fry-Lite. Place the potatoes on oven rack and bake for 45-55 minutes or until potatoes are soft when pressed with your fingers. Remove the potatoes from the oven & let cool for 20 minutes.
• When the potatoes are cool, carefully cut them in half lengthwise.
• Remove the cooked flesh from the potato skins, leaving about 1/4” shell of flesh & skin.
• Place the cooked potato flesh in a large mixer bowl. Add the softened butter & beat until combined. Stir in the Wild Irish Sea Veg Sea Salad, cheese, salt, & pepper and beat for 1 minute until fluffy.
• Spoon the potato mixture back into the potato shells. Bake for 20-25 minutes or until potatoes are beginning to turn golden brown on the edges and are slightly puffed.

Toasted Sea Salad Sprinkles

• Place 20g of Wild Irish Sea Veg-Sea Salad Mix onto a non-stick baking tray.
• Coat in an oil of your choice.
• Place in a hot oven for 5-8 minutes.
• Sprinkle the toasted Sea Salad into soups, Salads, Pasta and Pizza’s.
Kelp Lasagne

Ingredients
8 lasagne sized strips of Wild Irish Seaweeds—Kombu Kelp
1 Large diced onion  500g Minced Beef
4 garlic cloves, crushed  500g Chopped Tomatoes
Splash of red wine  200 Ml Beef Stock
50g Tomato paste Chopped oregano, basil and thyme
2 Tbs Olive Oil  100g Butter
80g Plain Flour  500 Ml Milk
150g Cheddar Cheese  Salt & Pepper

Tomato Sauce: Heat the oil in a frying pan on a medium heat, add the diced onion and garlic. Cooking on low for 15-20 mins
• Add the beef and cook for 10 mins until browned all over.
• Add the tomato sauce, tomato paste, red wine and beef stock. Bring to the boil, simmer for 30 mins. Add the fresh herbs.

White sauce: Melt the butter in a pan and stir in the flour. Cook for 3 minutes stirring continuously. Gradually add the milk, stirring all the time to make a thick sauce, cook for 3 minutes. Add 80g of the cheese, saving the rest to scatter over the top.
• Heat oven to 180°C/fan 160C/gas 4. Assemble the lasagne, by lightly oiling an ovenproof serving dish. Spoon over half of the meat sauce, then cover with layers of kelp.
• Drizzle over about half of the white sauce. Repeat until you have 2 layers of kelp. Cover with the remaining quantity of white sauce, ensuring the kelp is properly covered.
• Sprinkle the remaining cheese over the top of the lasagne. Bake for 45 mins until the top is bubbling and lightly browned.

Kombu Wrapped Fish

• Rehydrate 2 Wild Irish Seaweeds Kelp Wraps for 10 mins
• Remove & dry off excess water .
• Wrap your fish in the kelp sticks (thick white fish works well) leaving some gaps for steam to exit .
• Grill as normal
• Open the kelp wrap and serve with a squeeze of lemon
Sea spaghetti cookies *(makes 32)*

**Ingredients**

- 8-10g sea spaghetti, rehydrated for 10min in enough warm water to cover it;
- 55g butter; 2 generous tbsp runny honey
- 2 tbsp pear concentrate; 1 tsp vanilla extract
- Juice of 1 organic lemon; 1 egg, beaten;
- 160g white spelt flour 160g ground almonds;
- 1 tsp baking powder 85g almonds, flaked
- 125g white chocolate, roughly chopped or chunks

- Place the sea spaghetti into a saucepan with a little of the rehydrated soak water, cover and simmer for 10min. Remove from the saucepan, chop finely and place in a mixing bowl. Reserve the cooking water in a bowl and melt the butter. Preheat the oven to 180°C. Grease baking trays. Add the honey, pear concentrate, vanilla extract & lemon juice to the sea spaghetti. Mix well. Add the melted butter egg. Mix the flour, ground almonds & baking powder together in another bowl and fold into the sea spaghetti mix. Add a little of the reserved soaking water if the dough is too stiff. Stir in the white chocolate and flaked almonds. Put teaspoons of the mixture onto a baking tray and bake for 10min until just browned at the edges. Allow to cool on the baking tray to set fully.

Sweet & Sour Land & Sea Spaghetti

40g Wild Irish Sea Veg - Sea Spaghetti - 80g Dried Spaghetti

**For Sauce:** 1/4 cup sugar, brown sugar or honey - 1/2 cup water - 1 teaspoon chopped roasted red bell pepper (optional)

- 1 teaspoon freshly grated ginger root OR 1 Tablespoon finely chopped Candied Ginger - 1 teaspoon Sriracha (use more or less to taste) - 1 - 2 Tablespoons ketchup - 1 1/2 Tablespoons soy sauce

- 2 - 3 Tablespoons apple cider vinegar - For thickening: 2 Tablespoons water, 2 teaspoons corn starch.

**Method:**

**Spaghetti:** Place Land & Sea Spaghetti in a pot & boil for 15min. Add vegetables to the recipe to taste. Remove & Strain spaghetti mix.

**Sauce:** Put all ingredients except the thickening agents in a small saucepan. Stir and heat over medium heat to boiling. In a cup or small bowl, stir together the water and corn starch until dissolved. While stirring the sauce in the saucepan, slowly add the corn starch mixture. Cook for a minute or two longer, until the sauce is thickened. Remove from heat and add to sea & land spaghetti mix.
Baked pears with Sugar Kelp

- 1 x 10/15 cm piece of Wild Irish Seaweeds Sugar Kelp cut into 1inch pieces
- 4 x pears
- 1 x tub of mascarpone cheese
- 25ml x pear concentrate
- 175ml x green tea
- Preheat oven to 180°C/350°C
- Mix pear concentrate into the tea & pour into an ovenproof dish. Add sugar kelp & stir. Core the pears and place upright in the dish, the pears should be fitted snugly together.
- Drizzle some concentrate over the pears & bake for 50-60 mins. The pears are ready when the point of a sharp knife slides through the fruit without pressure.
- Remove the pears to serving dish, add a dollop of mascarpone and spoon over the cooking juices.

Carrot, Nori & Sugar Kelp Cake

- 12-20g Wild Irish Seaweeds Nori Sprinkles
- 1 tsp Wild Irish Seaweeds sugar kelp Sprinkles
- 600 ml light olive oil or sunflower oil
- 225 g dark brown sugar
- 5 eggs
- 425 g white flour
- 2 heaped teaspoons baking powder
- 2 heaped teaspoons bread soda
- 675 g carrots (grated)
- 150 g walnuts (chopped roughly)
- Topping:
  - 4 heaped teaspoons butter (softened)
  - 225 g cream cheese, full fat
  - 2 tsp vanilla extract
  - 100 g icing sugar (sifted, to taste)

Pre-heat oven 190°C.
- Oil a large roasting tin with olive oil
- Mix the oil & sugar together in a large mixing bowl. Beat in the eggs 1 at a time with a whisk or electric hand mixer.
- Sift the flour, baking powder and bread soda into another bowl & set aside. Fold the flour into the egg mixture. Add the carrots, walnuts, sugar kelp & nori and mix.
- Pour the cake mixture into the prepared tin. Bake for 50 mins until risen and browned. Cover with parchment paper to prevent further browning. Bake for a further 10 mins or until an inserted skewer comes out moist but clean. Remove from the oven and leave to cool.
- Topping: Mash the butter in a bowl. Mash the cream cheese and combine with butter & vanilla. Sieve in the icing sugar & stir until mixed. Spread on cooled cake
Crab, Wakame & pickled cucumber salad

Ingredients
50g crab flesh
20g Wild Irish Seaweeds Atlantic Wakame
½ cucumber thinly chopped ginger
100ml of white vinegar

- Cut the cucumber into thin slices, and rinse them quickly with salted water. Then press the slices tightly to eliminate the water. Drain the crab from the can. Wash the Wakame with water and press hard to eliminate the salt. In a bowl, put the cucumber slices, the crab, the thinly chopped ginger and the Wakame. Add the vinegar, mix and serve.

Simple Wakame Smoothie

2 leafs of Wild Irish Seaweeds Atlantic Wakame
1 tbsp flaxseed
1/2 Granny Smith apple, chopped
1 frozen banana, chopped
2 scoops vanilla protein powder
1 cup chopped spinach
3/4 cup almond milk
Mix in a blender until smooth & enjoy

Wakame Wrapped Oysters

12 Medium Oysters
12 x Wild Irish Seaweeds Atlantic Wakame Leafs
Tabasco Sauce

- Preheat grill to medium, Shuck oysters & place them in a bowl, reserve shells & scrub thoroughly.
- Wrap 1 leaf of re-hydrated Wakame around each oyster & return it to its shell. Place oysters (in their shells) into the grill & cook for approx. 5 minutes until they begin to steam. Do not turn.
- Remove & serve with a dash of tabasco.
**Bladderwrack Tea**

- Place ¼ cup of Wild Irish Seaweeds Bladderwrack in a jar or teapot and fill with boiling water (or a flat teaspoon per cup).
- Let steep overnight or a few hours.
- Strain, warm and enjoy.
- The mixture can be seasoned to your taste by adding other ingredients: mint, lemongrass, ginger, lemon peel, cinnamon, allspice while steeping, and a bit of honey.

**Bladderwrack Bream with Dillisk Sauce**

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 medium sea bream</td>
<td></td>
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<tr>
<td>Cherry tomatoes</td>
<td>2 handfulls</td>
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<tr>
<td>2-3 handfulls of Wild Irish Seaweeds Bladderwrack</td>
<td>2 tablespoons water</td>
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<tr>
<td>2 lemons, quartered</td>
<td>103g butter</td>
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<tr>
<td>5 tablespoons Wild Irish Seaweed Dillisk</td>
<td>Pinch cayenne pepper</td>
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<tr>
<td>Pinch of salt</td>
<td>4 tablespoons olive oil</td>
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**Instructions**

- To cook the sea bream, place a pan on a medium to high heat.
- Place the Bladderwrack in the pan with 6 tablespoons of water. Put the fish on top of the seaweed & place the quartered lemons around the fish. Cover the pan with a lid, or if you don’t have a lid just use tin foil. Leave this to steam for 15-20 mins.

**Dillisk sauce**: place the butter into a frying pan & melt. Finely chop the Dillisk & add it to the butter. Fry for 5 mins.

- For the flat bread, place the flour, sea salt & cayenne pepper into a bowl, along with the olive oil and mix through. Add the remaining water until it begins to form a dough. You may need to add more flour or water so the dough is the right consistency. Roll out the dough into a circle & put it onto a pre-heated frying pan for a couple of minutes on each side, or until it turns golden brown. Remove the fish from the pan & place into the Dillisk sauce, along with 3 of the lemon wedges, squeezing the juice out of them. Spoon the Dillisk sauce over the fish.
- Serve with chopped cherry tomatoes. Use the flat bread as a wrap to put all of the components in.
Nori & Prawn Crepes

**Ingredients**

- 3 teaspoons light soy sauce
- 2 teaspoons sesame oil
- 1 clove garlic, crushed
- 6 medium sized prawns, shelled and cubed, weight – about 55g (2oz)
- 3 eggs
- 3 teaspoons white flour, spelt works well
- 5 tablespoons of Wild Irish Seaweed Nori Sprinkles
- 80ml (3fl oz) water
- 25g (1oz) butter for cooking prawns
- 25g (1oz) butter or 3 teaspoons oil

- Combine 1 teaspoon of light soy sauce, 1 teaspoon sesame oil and garlic in a small bowl to make a marinade. Add prawns to marinate for about 10 minutes while preparing the rest of the ingredients.
- Combine the eggs with the remainder of the light soy sauce and sesame oil, flour, seaweed and water and beat well or pulse in a liquidizer.
- Remove the prawns from the marinade and fry lightly over moderate heat in butter until just barely cooked and still crunchy. Remove from the pan and keep warm.
- Add more butter or oil to the pan and add about 80ml or 1/3 of the beaten egg mixture to the pan to make a crêpe. When the bottom of the crêpe has set after about one minute, put a tablespoon – which is about 1/3 of the seasoned prawns on top of crêpes and roll it up like a sushi roll. Cook over moderate heat for about 1 1/2 minutes, turn and cook for a further 1 1/2 minutes until the centre of the crêpe is fully cooked. Or you can finish cooking in a hot oven 220°C/42 if the oven is already on.

Apple, celery and carrot salad

**Dressing:** 1 tbsp nori sprinkles; 300g Greek yogurt; 1 tbsp runny honey; 1 tbsp olive oil; Sea salt to taste

**Salad:** 3 sticks of celery, washed and chopped into bite size; 6 small organic carrots, scrubbed and cut into rounds; 6 small eating apples, washed; ½ tbsp. lemon juice; 25g pine nuts or walnuts or a mix of both In a large salad bowl, whisk together the dressing ingredients, adjusting the flavouring to taste. Add the celery and carrots to the bowl. Chop the apples and add to the salad bowl with the lemon juice to stop them discoloring. Toss well to coat. Add the nuts, toss and serve. Great with omelette or baked fish.
Did You Know Seaweed Contains -

- Ten to twenty times the minerals and vitamins of land vegetables.
- Ten times more calcium than milk.
- Eight times more iron than red meat.
- Greater amounts of protein than eggs, wheat, or beans.

Caherush Point, Quilty, Co. Clare, Ireland

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