75% less fat
is absorbed by the body when you ingest alginate, a derivative of kelp.

IT'S EASY TO INCORPORATE SEA VEGETABLES INTO YOUR DIET. LEARN HOW ON PAGE 70.

20% less energy
is used by keeping the lids on pots while cooking.

GIVE YOUR STOVE A BREAK THIS SUMMER. TRY OUR DELICIOUS NO-COOK RECIPES ON PAGE 86.
Sea VEGETABLES

From the ocean to your plate

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Seaweeds, or sea vegetables, have been a diet staple of maritime cultures for centuries. With salty, savoury flavours and healthy nutrient contents, sea vegetables are a natural addition to a healthy diet.

Seaweeds are a rich source of iodine, important for regulating body metabolism. They also contain iron, potassium, calcium, and magnesium. In addition, sea veggies contain B vitamins that support energy production, and folate, associated with a lower risk of colon cancer.

Salty flavoured dulse flakes make an excellent table salt alternative. One teaspoon (5 mL) of these seaweed flakes contains only 29 mg of sodium, while the same amount of table salt contains 1,760 mg and 1 tsp (5 mL) of soy sauce contains 313 mg. All the same, those on restricted-sodium diets should exercise caution with sea vegetables.

A variety of seaweeds can be found at health food stores. Most are packaged in dry form and once opened should be stored in an airtight container, where they will keep for several months.
Basic Kombu Stock

Kombu is a member of the kelp family; high in calcium, magnesium, and dietary fibre. It is an important ingredient in dashi, a stock used as the base for miso soup.

1 - 4 in (10 cm) square of kombu
6 cups (1.5 L) cold water

Lightly score surface of the kombu and place it in pot with cold water. Soak for 15 minutes, then heat water slowly to a simmer. Remove kombu just before boiling point—cooking at high temperatures can produce a fishy flavour.

Use this savoury stock for soups, braises, and rice dishes. Reserve the cooked piece of kombu for other recipes (see Pickled Kombu with Ginger).

Makes 6 cups (1.5 L).

Pickled Kombu with Ginger

Pickled kombu is traditionally served with fatty foods, such as fish, to help cut through the richness and refresh the palate.

Reserved 4 in (10 cm) kombu, cut into 1/2 in (1 cm) pieces
1/2 tsp (2 mL) whole pink peppercorns
1 in (2.5 cm) piece fresh ginger, peeled and thinly sliced
1 cup (250 mL) unseasoned rice vinegar
1 Tbsp (15 mL) mirin

Place kombu pieces, peppercorns, and ginger in small (approximately 300 mL) sterilized jar.
In small pot, bring mirin and rice vinegar to a boil, then pour into jar, covering ingredients.
When cool, seal tightly with a lid. Refrigerate for two days. Serve. Will keep up to two months, refrigerated.

Soba Noodles

Nori, used as a wrapper for sushi rolls, comes in sheet and powdered form. It is low in sodium and is a good source of magnesium, potassium, dietary fibre, and vitamins C, A, and B₁.

1 package soba noodles
2 tsp (10 mL) sesame oil
1 tsp (5 mL) tamari sauce
1 tsp (5 mL) umeboshi plum vinegar
1/2 cup (125 mL) dulse, chopped into 1 to 2 in (2.5 to 5 cm) pieces
1 tsp (5 mL) extra-virgin olive oil
1 cup (250 mL) each baby spinach, arugula, and mustard greens, washed and drained well
1 sheet toasted nori, cut into small pieces

Boil soba noodles for 5 to 7 minutes, drain, and rinse. Add sesame oil, tamari, and umeboshi, toss well. Set aside in large bowl.

In medium frying pan, sauté dulse in olive oil on medium heat for 2 minutes. Add greens; toss to wilt. Add to noodles. Mix well.
Divide among 4 bowls. Garnish with nori.
Serves 4.

ONE SERVING CONTAINS: 340 calories; 5 g protein; 7 g total fat (0.4 g sat. fat, 0 g trans fat); 18 g carbohydrates; 2 g fibre; 130 mg sodium.
Arame, Shiitake, and Pea Risotto

Arame has a mild, semisweet flavour and is rich in iron, calcium, and iodine. When soaked, it will expand to twice its volume.

1/4 cup (60 mL) arame
3 tsp (15 mL) extra-virgin olive oil
1 cup (250 mL) sliced shiitake mushrooms
6 cups (1.5 L) kombu stock
1 small yellow onion, peeled and diced fine
1 cup (250 mL) arborio rice
1/2 cup (125 mL) fresh green peas

Quickly rinse arame and soak for 5 minutes in cold water; drain, chop, and set aside.

In medium frying pan, heat 2 tsp (10 mL) olive oil. Add mushrooms and sauté until golden and tender. Reserve.

Heat stock in medium pot. Keep on low temperature.

In another medium pot, heat 1 tsp olive oil and add onion. Sauté 2 to 3 minutes on medium heat. Add rice, stir to coat, and toast for 3 to 4 minutes. Increase heat to medium-high.

Add ladleful of warm stock to rice, stir. Continue adding stock, 1 ladleful at a time, as it is absorbed and stir.

When rice is almost cooked (it should be tender to taste with a bit of a bite at the centre) add arame, peas, and a last ladle of stock. Stir well, add mushrooms to reheat, and serve.

Serves 4.

ONE SERVING CONTAINS: 150 calories; 5 g protein; 0.75 g total fat (5 g sat. fat, 0 g trans fat); 29 g carbohydrates; 1 g fibre; 15 mg sodium
Wakame and Spring Vegetable Coleslaw

Wakame is an olive-coloured seaweed high in calcium, magnesium, iron, vitamin A, and dietary fibre.

1 - 8 in (20 cm) piece of wakame, soaked in cold water 10 minutes
3 cups (750 mL) napa cabbage, thinly sliced
3 medium carrots, shredded
3 or 4 radishes, thinly sliced
2 or 3 baby purple-top spring turnips, grated
3 Tbsp (45 mL) unseasoned rice vinegar
1 tsp (5 mL) roasted sesame oil
1 Tbsp (15 mL) organic dulse flakes

Rinse wakame well. Blanch in boiling water for 10 seconds, then immerse in cold water to stop cooking process. Drain and trim off thick ribs. (These thick pieces can be used in slow-cooking recipes.) Chop into smaller sections.

In large bowl combine chopped wakame with vegetables. Toss with rice vinegar and sesame oil. Cover and let sit for 1/2 hour.

Garnish with dulse flakes and serve.

Serves 4.

ONE SERVING CONTAINS: 82 calories; 4 g protein; 2 g total fat (0.5 g sat. fat, 0 g trans fat); 25 g carbohydrates; 8 g fibre; 185 mg sodium

Timothy Hennessy, RNCP, is a chef and nutritionist who regularly enjoys the natural bounty of the sea.