



# Live Seaweed

*Dulse, Ogo, Sea Lettuce,  
Leaf Nori, Kombu Blades,  
Red Sea Grapes & Velvet Horn*



Seaweed has been an integral part of many cuisines since the beginning of time. Abundant, healthy and flavorful, seaweed has a lot to offer both in traditional preparations as well as in new innovative applications. Live seaweed can bring new dimensions to drinks and dishes. When using live seaweed chefs and mixologists have a new set of tools for creating flavors, colors and textures.

# Live Seaweed Program

- **Packing Process** - The live seaweed is taken out of the seawater tanks where it is kept alive. We spin the seaweed to remove the excess water and then weigh the ordered amount. The seaweed is then placed in a pouch with a small amount of seawater added back for shipping. The pouch is sealed and labeled before being packed for shipment with cold packs.
- **Beyond Traditional** - Seaweed is fun and the possibilities are limitless. We encourage chefs to push beyond the comfort zone and try out these seaweeds in less traditional applications.
- **Ice Cream & Gelato** - Seaweed brings flavor, texture and color to ice creams and gelatos. For example, a chef can take advantage of the smoky, nutty tones of fresh live dulse to fabricate floral, light purple ice cream.
- **Baking** - As discussed, the seaweed is packed with glutamic acid, thereby acting as a powerful flavor enhancer. This seaweed super power can be then used to dial up flavors in baked goods. Thinking along the lines of Meyer lemon zest and juice in a lemon pound cake, or a few drops of seaweed elixir in a dark chocolate brownie. Seaweed also goes into breads in a wonderful way. We have experimented with sea lettuce loaves, seaweed everything bagels (in the dough as well as the topping), seaweed focaccia and the list goes on.
- **Sous Vide Extraction** - by using sous vide techniques it is possible to unleash the umami rich flavors which can be used to enhance drinks or misted over a dish as an elegant finishing touch.
- **Craft Cocktails** - Gins, vodkas or aquavits are an easy way to create new flavors, colors and textures at the bar. But there are also a myriad of cocktails to be created by pairing scotches, Rums and tequilas with different seaweeds for a new range of savory cocktails.
- **Fermenting** - Here chefs get a two-for-one when it comes to seaweed use. The crispy funk will provide new dimensions in texture and taste while the brine can be used in cooking or at the bar.
- **Salads and Snacks** - There is a lot to do beyond the “traditional” seaweed salad. Chefs can get creative with (vegan) seaweed tartar, crispy seaweed and toasted almonds as bar snacks, seaweed deviled eggs and seaweed vinaigrette over just steamed spring vegetables. Try making a seaweed butter to go with French style radishes or seaweed forward bagna cauda with baby vegetables.

Red Sea Grapes  
Dulse  
Sea Lettuce  
Ogo  
Leaf Nori  
Kombu Blades  
Velvet Horn

