

RECIPES

N°1- Avocados with seaweed salad and sprouts

N°8 – Carrot salad with dulse

N°9 – Cabbage salad with sea lettuce

N°10 – Tartare on a cracker

N°11 – White maïs with seaweed flakes and cabbage sprouts

White mais with seaweed flakes and cabbage sprouts



Soak some seaweed flakes of 3 colours (nori, dulse, sea lettuce) in a little water with a drop of lime.

Add some olive oil and pour on a white raw maïs.

Serve decorated with cabbage sprouts and violet pansies.

Very simple tasty recipe.

Avocado with seaweed salad and sprouts

Allow 20 g of fresh seaweed per person if you are new to it or a more fortifying 40 g per person for those more used to its flavour and effects. If you choose dry seaweeds, use a total of 10g.

For the salad, you combine 3 to 4 seaweeds : sealettuce, dulse, nori and wakame. After having removed the salt or rehydrate the seaweeds, squeeze them in your hands to remove the water.

Chop it up roughly altogether.

Apart chop some scallions and onions, parsley, basil and garlic. Mix all the ingredients. Add a drop of lime, 2 spoons of olive or sesame oil, 1 spoon of tamari or Braggs and cayenne if you like it.

Fill the half avocado with this mix salad. Present the avocado surrounded with green salad, sprouts (onions, cabbage, alfalfa) and some slices of red pepper.

Enjoy this complete and nutritive meal, the avocado blends well with seaweed.

Variation on a cracker : picture 10

Mix this tartare or salad with dry tomatoes and spread on a cracker.



Carrot salad with dulse



Ingredients for 3 or 4 people: some grated carrots, 50 g fresh dulse from which the salt has been removed or 20g of dry dulse, alfalfa, raisins soaked for 2 hours, soaked sunflower seeds, garlic flowers, lemon juice. Mix all the ingredients together: the carrots, the roughly chopped dulse – it's easy either to chop it or cut it up with scissors – the raisins, soaked beforehand for 3 to 5 hours and then drained, alfalfa sprouts, cut up to prevent them forming clumps when everything is mixed

together, and a little lemon juice to prevent oxidation.

Dressing : 1 table spoon of soaked mustard seeds, natural soy sauce and sunflower or walnuts oil.

As a final touch, sprinkle the sunflower seeds over the salad; add some parsley and garlic flowers to enhance the aroma. Walnuts can be used as a variation in autumn and grated zucchini instead of carrots is delicious.

Cabbage salad with sea lettuce



Ingredients for 3 or 4 people: white cabbage, red cicco rosso, 50 g fresh sea lettuce from which the salt has been removed or 20g of dry sea lettuce, slices of radish, slices of apple, soaked walnuts, cilantro (fresh coriander), lemon and ginger juice.

Shred finely the white cabbage, chop roughly the red salad and sea lettuce.

Sea lettuce has a firm texture. Crunch it raw to benefit from its wealth of vitamin C (10 times that of orange)

and vitamin A, which is twice that of the cabbage. Like dulse, it has a high iron content, making it very good for the blood.

Mix the white cabbage with a spoonful of ginger juice, a spoonful of lemon juice and a spoonful of Braggs (or barley miso diluted with water). The aim is to make a quick sauerkraut by tenderizing the cellulose of this highly nutritious vegetable and make it more digestible. To give it more flavour, add some cumin and coriander leaves.

Serve this salad decorated with the sealettuce, the walnuts, the slices of apple and radish.... then some olive oil to finish.