

Dakini Tidal Wilds

SEAWEED/KELP RECIPES



SEA FRY

Ingredients

Leeks, coarsely chopped
Bok Choy, julienne
Bull Kelp, cut into inch long pieces
Kale, chopped
Tofu, cut into bite-size squares
Aduki Beans, soaked and cooked
Fresh Basil Leaves
Olive Oil, to cover bottom of skillet
Rice

Sauce

Tamari, 3 capfuls
Balsamic Vinegar, 2 capfuls
Fresh Ground Pepper
Bull Kelp, crumbled
Lime, juice from ¼ lime
Fresh Chile Paste (*pureed Jalapeno or Habanero Peppers, Bull Kelp, Tamari & Lime Juice*)

Instructions

Heat up a skillet on medium heat. Once it is hot, add olive oil and tofu, leeks & Bull Kelp. Cook until tofu is browned on both sides, then add the rest of the veggies, aduki beans, and Bull Kelp. Next add the sauce ingredients, pouring over the stir fry. Cook just until veggies become soft, but still have their colour and crispness. Turn off skillet and serve immediately over rice, with fresh basil leaves and crumbled Bull Kelp as a garnish. As a variation, add sustainably harvested, local swimming scallops (*if you live on the west coast!*) in place of the tofu and cook the same way. Serve over rice (*can cook the aduki beans with the rice to save energy!*) Garnish with fresh basil leaves.

WILD SALMON BAKE

Ingredients

Winged Kelp (*Alaria/Wild Wakame*),
soaked until soft (*a few minutes*)
Wild, Sustainably Caught Salmon
Salal Berries
Fresh Spruce Tips
Fresh Melissa (*Lemon Balm*) leaves
Ginger, minced
Tamari, 5-7 tablespoons
Bull Kelp, crumbled
Fresh Ground Red, White and Black Peppercorns
Lemon, sliced into rounds (*with rind*)
Maple Syrup or Local Honey

Instructions

Grease casserole dish with olive oil. Line the bottom of a casserole dish with the soaked Alaria leaving enough over-hanging to cover the salmon later. Use the water the Alaria was soaked in to cook your rice! Put the fish into the dish, on top of the Alaria. Scatter the ginger, salal berries, spruce tips, and Melissa leaves over the fish. Pour the tamari and more olive oil (*5-7 tablespoons*) over the fish. Place sliced lemon, spaced an inch apart, over the fish. Sprinkle crumbled Bull Kelp and pepper over the fish and drizzle with either maple syrup or honey. Cover the fish with the over-hanging Alaria and cook until the Alaria becomes crisp. Serve immediately (*or as soon as you can round up the troops to the table!*).

MISO & FARM GREENS SOUP

Ingredients

Winged Kelp (*Alaria/Wild Wakame*),
dried and cut into half inch strips
Leeks, chopped
Farm Greens, chopped
(*Kale, Collard, Radish Greens, Beet Greens, Chard, etc.!*)
Dried Wild Mushrooms
Tofu, cubed (*optional*)
Broad Beans
Olive Oil
Thyme, to taste (*I recommend lots!*)
Rosemary, to taste
Sage, to taste
Chile Paste or Cayenne pepper, to taste
Miso (*barley is my favourite!*) (*amount depends on how big of a soup pot you have...tasting is a good gauge if you're not sure*)

Instructions

Stir fry in olive oil the leeks, tofu, greens and broad beans, adding first the leeks and tofu and broad beans. Add the greens last and turn off heat 3 minutes after adding the greens. Meanwhile, heat a large pot of water. Add stir fry mixture to hot water, simmering not boiling. Add the thyme, rosemary, sage, chile paste and Alaria and simmer for 5-7 minutes. Add miso and turn off heat. Stir well. Serve for dinner and for the next couple days to come!! Stir each time you serve.

OCEAN GODDESS SALAD DRESSING

Ingredients

2-3 TBS Bull Kelp, crumbled or flaked
1-2 TBS Pickled Ginger
1 TBS Maple Syrup
1 TBS Dijon Mustard
¼ cup Tahini
¼ cup Hempseed Oil
¼ cup Olive Oil
1 TBS Apple Cider Vinegar
Fresh Ground Pepper, to taste
¼ cup Walnuts

Instructions

Put everything in blender and blend until creamy. If consistency is too thick, add a little water. Extra can be stored in a sealed jar in the fridge.

BULL BURGERS

Ingredients

½ cup of Bull Kelp, flaked
½ cup Walnuts, pounded
1 Beet, grated
2 Fresh Eggs from the neighbours chickens
2 Generous capfuls of Balsamic Vinegar
6 Garlic cloves, minced
Rosemary, to taste
1 Zucchini, grated
1½ cups of Organic Old Cheddar, grated
4 cups of Garbanzo Beans, pureed
Half of a Serano Pepper, with seeds, minced
½ cup Hempseed oil
½ cup Tahini
Ginger (*to taste*), minced
2 TBS tamari
Fresh ground pepper

Instructions

Mix all ingredients in a bowl. I am not exact with my amounts, you want a 'spongy texture', not runny, but not too dry. Form into patties with hands. On the stove, heat a skillet on medium heat. Once the skillet is hot, add olive oil to cover the bottom of the skillet. When the oil is hot, add the patties and cook each side until lightly browned. Serve the traditional way, in a bun with tomato and lettuce or enjoy on its own.

SEAWEED/KELP ENERGY SQUARES

Ingredients

1 TBS of Dakini Tidal Wild Kelp Flakes
2 cups of Almonds, Hazelnuts, and/or Sesame Seeds or other nuts and seeds
½ cup of Maple Syrup
1 tsp Vanilla

Instructions

Grind your nuts and/or seeds and mix with Dakini Tidal Wild Kelp Flakes until it becomes a coarsely ground blend. Pour into a bowl and add the maple syrup and vanilla. Mix well. Spread the mixture onto an oiled cookie sheet, pressing it out until it is about ¼" thick. Bake at 325°C for 20 minutes. Cut into squares while still slightly warm. Cool completely and eat!

ROASTED EGGPLANT LASAGNA WITH BULL KELP PESTO LAYERS

Step 0.5 Boil Lasagna Noodles and set aside.

Step 1 Roast eggplant & red peppers

Cut 1 large eggplant into rounds (with the skin) and red peppers into rings. Put in a casserole dish with plenty of olive oil and a little bit (~2 TBS) of tamari and balsamic vinegar. Sprinkle liberally with crumbled Bull Kelp and fresh ground pepper. Roast.

Step 2 Roast garlic

In a separate dish, peel the outer layer of skin off of 4-6 garlic bulbs and roast until soft. When cooled, peel each clove.

Step 3 Bull Kelp Pesto (yummy!!!)

In a blender or food processor, put about 15 g of Bull kelp and blend until in very small flakes. Then add to the blender a small bucket of ricotta cheese (for vegans use silken tofu), juice of 1 lemon, 8 roasted garlic cloves, lots of freshly ground black, red & white pepper, enough creamy soy milk (the kind 'for coffee' is the best) to make a creamy consistency (~1 cup).

Step 4 Tomato Sauce

Heat a skillet to medium heat, when hot add olive oil. Sauté minced garlic (about 4-5 cloves) and 1 leek. Add 1 large can of crushed tomatoes and turn heat down to medium-low (a simmer). Add ½ cup of chopped basil and 1 TBS of dried oregano. Add lots of fresh ground pepper and 1 TBS of Bull Kelp flakes. Add ½ cup of grated old cheddar (for vegans add 1 TBS of engivita yeast) and ¼ cup of a heavy creamy soy milk (like the kind made for coffee). Simmer until cheese is melted. Sauce should be a 'pinky' or 'rose' colour.

Step 5 In an oiled casserole dish (like the one you roasted the veggies in with plenty of olive oil!) layer the noodles, roasted veggies & garlic, tomato sauce, Bull Kelp pesto, then the noodles, roasted veggies & garlic, Bull Kelp pesto and top with tomato sauce. If you have it, sprinkle parmesan or aged cheddar on top and sprigs of fresh parsley, or for vegans, engivita yeast. Cover the dish (I use the oven roasting pan instead of disposable tin foil) and bake for 45 minutes. During the last 10 minutes of baking, remove cover so the top gets crispy and lightly browned. Serve hot with salad and bread.

AMANDA'S HEALING SOUP

Whenever anyone in my family gets sick, or any of my close friends, I make this soup. It is more a medicine than dinner, but reminds me of one of my favourite quotes: *"Let food be thy medicine and medicine be thy food."* ~ Hippocrates

Ingredients

Creek or Spring water, 4 litres
Miso (*I like barley miso the best*), 200g
Alaria/Winged Kelp, 15g, cut into small pieces
Garlic, 10 cloves, minced
Scallions, 6, chopped
Ginger, 3 TBS, minced
Wild-crafted fresh Western Hemlock tips (*loaded with vitamin C!*), with the stems removed, to taste
Cayenne pepper to taste (*The heat factor varies considerably with the quality of cayenne. The aim is for the soup to have a good heat, but still remain edible for the ill friend or family member!*)
Rosemary, fresh or dried, to taste
Sage, fresh or dried, to taste
Optional: Any farm or garden fresh greens (*i.e. collards, kale, chard*), chopped

Instructions

Heat the water to just below a boil and add ginger, greens, Winged Kelp, sage and rosemary. Brew 5 minutes then add all the other ingredients. It is important that the water does not boil once the miso and garlic is in. The miso will lose its enzymes and raw garlic is our #1 anti-viral herb. For an added medicinal boost, add a few drops of tincture of Oregon grape Root and Burdock Root. Infuse with your own innate healing energy and serve with love to an ill family member or friend or yourself!!!

ADD DTW KELP FLAKES TO ~

Smoothies & Protein Shakes ~ especially with berries

Salad Dressings ~ especially asian style

8 Layer Dip ~ A twist on the classic 7 layer dip....add a layer of kelp flakes sprinkled on top of the cheese to give a salty and healthful 'kick'

Breads ~ add to your favourite baked bread

Pasta dishes ~ add to tomato sauce & pesto

Stir fries ~ noodle or rice dishes

Seafood ~ add to your sustainable caught fish dishes