



**Seasonal, Healthy, and Tasty for Chimacum Corner Farmstand**  
**March 2014: Seaweed Specials!**

## Furikake (Japanese Rice Seasoning)

This is one of my favorite seasonings. You can buy it in Asian markets, but it is full of MSG and preservatives. I use it to season rice, of course, but it is also terrific on popcorn, in cucumber salads, pasta salads, egg salad, deviled eggs, and scrambled eggs and on chicken.

- 1/4 cup white sesame seeds
- 1/4 cup black sesame seeds
- 3 sheets nori (the seaweed most used in sushi)
- 1 teaspoon sea salt
- 3 heaping Tablespoons bonito flakes\*
- 1/2 teaspoon sugar (optional)
- 1/2 teaspoon crushed red pepper flakes (optional)

Heat a skillet over medium heat. Pour in sesame seeds and spread evenly over bottom of skillet. Toast, shaking the pan occasionally, until the seeds are fragrant. Immediately pour the seeds into a dry bowl. Stir in the sea salt and allow to cool completely.

With kitchen shears or sharp scissors, cut the nori into 1/4 inch strips. Stack the strips and cut crosswise into small pieces into the bowl with the sesame seeds and salt. Roughly cut up the bonito flakes and add to the bowl.

Add the sugar and red pepper flakes if using.

Stir all the ingredients together. Transfer to a jar with a tight fitting lid.

\*If you want to make this vegan, omit the bonito flakes and add an additional 1 to 2 teaspoons sea salt. Bonito flakes are dried tuna.

The furikake can be stored up to 2 months tightly covered at room temperature.

*Makes about 1 cup*

## Seaweed Salad

- 1 ounce dried red dulse (or arame) seaweed
- 1 ounce dried green wakame seaweed
- 2 Tablespoon rice vinegar
- 2 teaspoons sugar
- 2 teaspoons grated fresh ginger
- 1/2 teaspoon wasabi powder
- 2 teaspoons soy sauce
- 1 Tablespoon toasted sesame oil
- Juice of 1 lime
- Sea salt, to taste
- 1 small carrot, peeled and sliced paper thin
- 4 red radishes, thinly sliced
- 2 ounces daikon radish, peeled and thinly sliced
- 1 small cucumber, peeled and thinly sliced
- 1 firm-ripe avocado, sliced
- 1 teaspoon toasted white sesame seeds
- 1 teaspoon toasted black sesame seeds
- 2 teaspoons toasted pumpkin seeds
- 4 green onions, slivered

Put the dulse and wakame in a large bowl and cover with cold water. Let soak 5 to 10 minutes, until softened. Drain in a colander, pat dry and place in a serving bowl.

To make the dressing, whisk together the rice vinegar, sugar, ginger, wasabi powder, soy sauce and sesame oil in a small bowl.

Spoon half the dressing over the seaweed, add the lime juice and toss gently. Taste and add a small amount of salt if necessary. Surround the salad with the carrot, radish, daikon, cucumber and avocado. Season lightly with salt and drizzle with the remaining dressing.

Sprinkle the salad with the white and black sesame seeds, pumpkin seeds and green onions.

*Makes 4 servings*



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## Seaweed and Tofu Soup

- 1/4 cup crumbled dried wakame (or kombu) seaweed
- 1/4 cup thinly sliced scallions
- 2 teaspoons minced garlic
- 2 teaspoons toasted sesame oil
- 1/4 teaspoon freshly ground pepper
- 4 cups water
- 2 Tablespoons white miso
- 1/2 cup diced firm tofu

Place seaweed in a medium bowl. Cover with water and let soak 20 minutes.

Combine scallions, garlic, sesame oil and pepper in another bowl. Heat a medium saucepan over high heat and add the scallion mixture. Cook, stirring, until fragrant, about 1 minute. Stir in 4 cups of water and miso. Reduce the heat to medium-low so the liquid does not boil. Whisk to dissolve the miso.

Drain the seaweed and stir it into the soup along with the tofu. Cook over medium-low heat for about 10 minutes. Remove from heat. Taste and season with more miso if desired.

*Makes 4 servings*

## Roasted Nori Chips

- 10 Sheets Nori
- 2 Tablespoons Extra Virgin Olive Oil
- 2 Tablespoons sesame seeds

Preheat oven to 275.

Put olive oil in small bowl. Brush the nori sheets with the olive oil. Cut the sheets with scissors or a sharp knife into bite size squares.

Arrange the squares on baking sheets and sprinkle with the sesame seeds. Bake about 10 minutes, until crisp and a little darker in color.

Cool completely. Store in an airtight container up to 3 days.