

sea vegetable main dishes for a detox diet

Modern science is validating many of the traditional benefits of sea plants, especially in relation to their algin content. In fact, the alginic acids in sea vegetables perform a dual miracle. First, algin absorbs toxins from the digestive tract in much the same way that a water softener removes the hardness from tap water. It binds with the ions of toxic heavy metals which are then converted to harmless salts. The salts are insoluble in the intestine and are excreted, so less toxins enter the circulatory system. Second, algin also chelates radioactive matter present in the human body and binds it for elimination via the large intestine. Algin compounds are also thought to be responsible for much of the success of seaweeds in the treatment of obesity, asthma, atherosclerosis and blood purifying.

Still, even though scientists know that algin compounds in seaweeds directly counteract carcinogens, most researchers believe that sea plants primarily boost the body's immune system, allowing it to combat the carcinogens itself.

Sun-dried, packaged sea vegetables retain almost all of their health advantages. The recipes here can be used over a lifetime as part of your immune-boosting detox maintenance plan.

I can't think of a seaweed I don't like... so I've offered a sampling to give you an idea of their great variety and taste. They're good in soups, with cooked vegetables, over hot rice, even in sandwiches.

nori

The popularity of sushi has introduced many Americans to the sweetness of nori. But this delicate sea vegetable with its distinctive nutty taste is far more versatile. Nori (and its American cousin, laver) is the highest in B-complex vitamins, as well as vitamin C and E.

Nori, and its American counterpart laver, is easy to roast. Spread the dried plant on a baking sheet, sprinkle with teriyaki sauce and bake at 300° for 5 to 8 minutes until crisp but not burned.

sushi main dish salad

California maki in a bowl—with the same great taste of sushi rolls.

Makes: 4 salads

In a dry saucepan, toast:

1 cup brown rice (or a wild and brown rice mix)

Add in:

2 cups water or light miso broth

Bring to a boil, cover and simmer 30 minutes until all liquid is absorbed. Remove from heat. Set aside.

In a mixing bowl, toss:

1 avocado, chopped

3 scallions, minced

1 cup crab pieces

2 tbsp. brown rice vinegar

a pinch wasabi powder

Blend with the cooked rice. Crumble a toasted nori sheet over the top.

Optional: serve with a dab of the following Hot Mustard Dressing

hot mustard dressing

In a small bowl, mix:

4 tsp. Chinese hot mustard

1 tbsp. tamari

pinch wasabi powder

2 tbsp. toasted sesame oil

high protein sprouted nori rolls

This borrows on the principles of macrobiotics and is an excellent adjunct to any healing diet. Add a little water if needed to blend.

Makes: 6 – 8 servings

In a blender, prepare a nut and seed mixture:

2 cups almonds	1 cup sunflower or sesame seeds
½ tsp. sesame oil	1 lemon, peeled
1 tbsp. fresh or pickled ginger, chopped	
3 tbsp. tamari	

Lay out 6 to 10 toasted nori sheets. Spread nut-seed mixture over sheets. Then, spread 3 cups alfalfa or sunflower sprouts across nut and seed mix, forming a line down the edge of the sheet.

Then, cut into long thin sticks and place lengthwise across nori:

1 carrot	1 avocado
1 cucumber	

Roll up like a burrito. Then eat like a burrito, or cut in 2" thick rolls. Optional: decorate with fresh basil leaves, sweet-hot mustard or a dab of wasabi.

sea palm

Sea palm is an ocean vegetable that looks like a miniature palm tree attached to the rocks on the California coast. It lives in the pounding surf of the shoreline, bending and waving in the tides instead of the winds. It has become very popular in California healthy food recipes for its sweet taste and versatility.

Sea palm is delicious. Mix Sea Palm Fronds in a bowl with chopped Almonds or Sunflower or Pumpkin Seeds and 2 tbsp. Teriyaki Sauce. Roast in a 325° oven for 8 to 10 minutes until dry and crunchy. Then sprinkle the mix over a pizza or rice and roast it in. Yum!

sea palm & tofu casserole

Finally a tasty casserole without all the cheese!

Makes: 6 servings

Soak 1 oz. dried sea palm fronds in water. Drain and cut in 2-inch lengths. Place in a pan with a little water, cover and simmer for 20 minutes until tender.

Mix in:

1 lb. tofu, mashed	1 tsp. dry basil
1 tsp. dry oregano	

Then, sauté in 2 tbsp. canola oil or onion broth for 10 minutes:

1 large onion, diced	1 ½ lbs. carrots, diced
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Remove from heat and purée in the blender with 3 tbsp. umeboshi paste or sweet and sour sauce. Toss with sea palm/tofu mix. Heat gently in a skillet.

Then, make the topping. Purée in a blender:

⅓ cup toasted sesame seeds	1 tsp. tamari
6 sprigs fresh parsley	water to make a thick sauce

Spread the topping on the tofu mixture in the skillet, and cook for 5 more minutes to heat. Serve hot.



ocean ribbons

Ocean ribbons are a brown sea plant, thin and delicate like Japanese Kombu, but noticeably sweeter and more tender. They grow on the outermost reaches of the rocky intertidal zone among sea palm and mussel beds, looking like a glistening miniature willow trees overhanging the water at low tide. You can watch ocean ribbons keep the environment clean. Branching off the woody trunk of a mature ocean ribbon plant, over 500 blades sweep its rock face clear of other organisms in the thrashing tidal surges. I like ribbons best with vegetables, in light soups and as a pickled side dish or topping for rice.

ocean ribbons pickles

A very unique Asian snack.

Makes: 4 servings

Soak 6 strips ocean ribbons in cold water for 15 minutes. Drain, then chop in 3-inch pieces. Set aside.

In separate bowls, have prepared:

- 1 red onion, thin sliced in crescents
- 1 long European cucumber, thin sliced

Layer veggies and ocean ribbons in a flat bowl and cover with equal parts mirin, tamari and ume plum vinegar. Press with a weight for 3 hours. Toss and serve.



deep detox stew

This is a variation on a Traditional Chinese Medicine immune-supporting stew. It helps reduce cholesterol, regulate blood pressure and aid fat digestion.

Makes: 6 bowls

In a pan, soak in 6 cups water until soft, about 20 minutes:

- 18 dried shiitake mushrooms, thinly sliced
- 1 ½ oz. dried black fungus or reishi mushrooms, thinly sliced
- 2 oz. dried ocean ribbons seaweed, thinly sliced

Strain mushrooms and seaweed and set aside. Save soaking water.

Make the miso-sesame paste. In a dry skillet, roast:

- ¼ cup black sesame seeds
- ¼ cup white sesame seeds

Then, combine with:

- ⅓ cup miso soup
- 3 tbsp. of the mushroom-seaweed stock

And set aside.

In separate bowls, have prepared:

- 2 leeks, white and green parts, sliced thinly
- 1 fresh burdock root, cut in matchsticks
- 1 daikon radish, cut in matchsticks
- 1 bunch bok choy, sliced thinly
- 3 cloves garlic, minced

Make the stew:

In a large saucepan, sauté the leeks with the garlic in 2 tbsp. sesame oil for several minutes until aromatic. Add the burdock, daikon roots and mushroom-seaweed soaking water. Cover, and let stew 10 minutes until burdock is tender. Mix in the miso-sesame paste, and add the bok choy, mushrooms and ocean ribbons. Cover and cook a few minutes until bok choy is tender. Season with 1 tbsp. tamari.

wakame

Wakame and its American cousin alaria, are mild and smooth, excellent with rice, black beans and cous cous. Wakame's heavyweight minerals, enzymes and fiber, but lightweight texture and flavor, make it perfect for cleansing soups and salads.

I like to roast wakame before I use it in a grain or pizza recipe. Just chop bite-sized pieces and roast for 3 to 5 minutes at 300°. Use right from the package for soups. Blanch wakame for 20 minutes in hot water before using in a salad. Then, cut out midribs and toss with your greens. Pan-fry as a snack in a little toasted sesame oil and tamari until dark green and crisp.

millet salad with wakame

A great way to add more whole grains into your diet.

Makes: 4 salads

In a dry pan, roast 1 cup millet until aromatic. Then, add 2 ½ cups water. Cover. Cook 25 minutes. Remove from heat and fluff with a fork. Set aside.

In a saucepan, add ½ cup wakame pieces, chopped, to hot water. Blanch 3 minutes. Remove with a slotted spoon.

Keep hot and mix in:

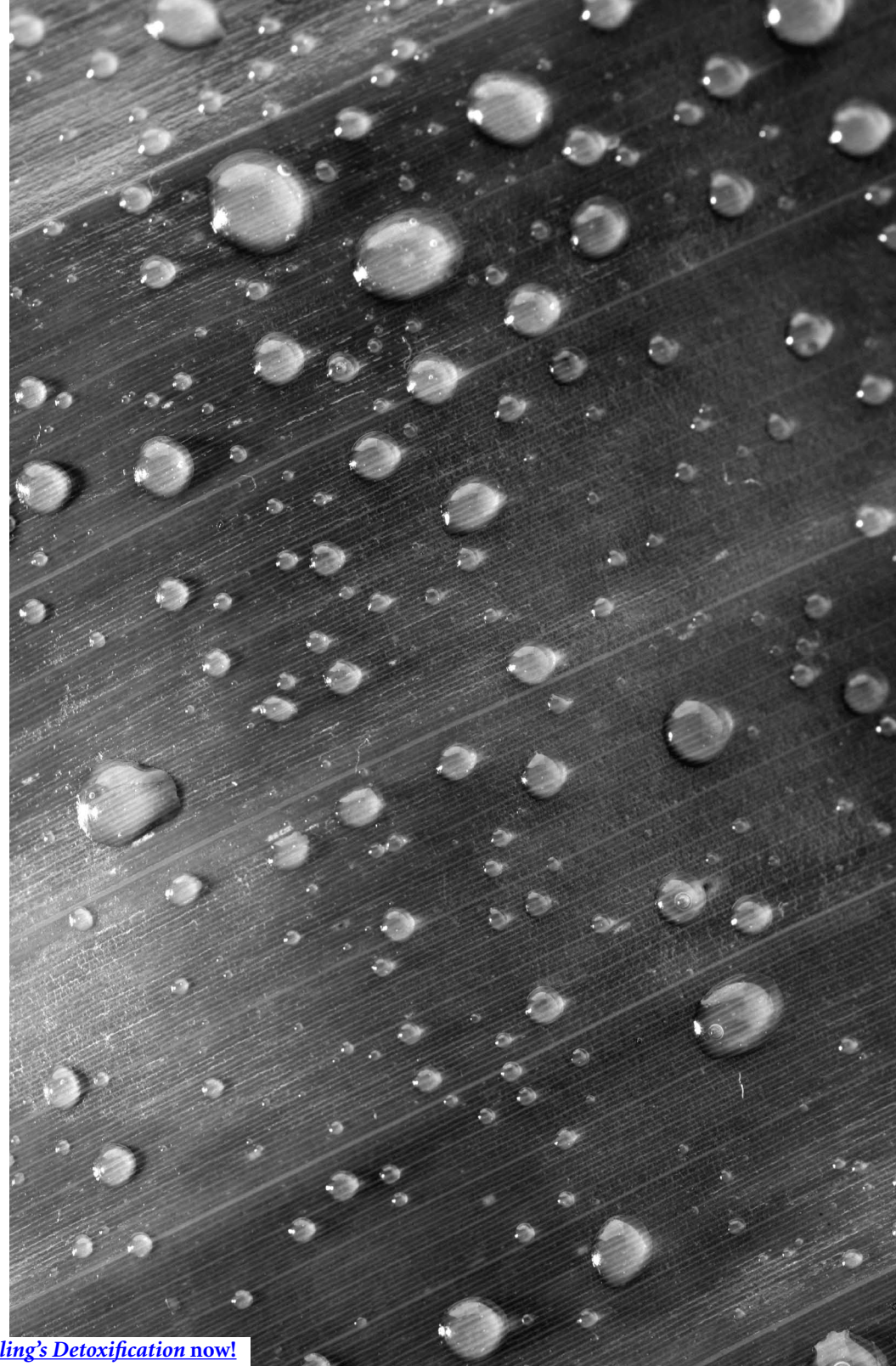
½ cup carrots, diced ¼ cup celery, diced
⅓ cup daikon radish, diced

Blanch 5 minutes and drain. Season with lemon pepper.

Add:

½ cup fresh parsley, chopped ½ cup cucumber, diced
handful of dry roasted almonds

Toss all together with millet, and serve on lettuce with the following Sesame Miso Dressing.



sesame miso dressing

Makes: 1 ½ cups dressing

In a bowl, blend:

½ cup plain sesame oil	1 tbsp. light miso
2 tbsp. toasted sesame oil	2 tbsp. brown rice vinegar
½ tsp. vegetable seasoning	1 tbsp. lemon juice
3 tbsp. sesame seeds, toasted	
1 pinch cayenne or hot pepper sauce to taste	

kelp and kombu

Kelp and kombu are all-purpose sea veggies. They are delicious in soups in place of chicken or beef stock—especially if you're on a cleansing diet. Just put a strip in for flavor as you make the soup. Then, remove or chop in when the soup is ready. You don't have to add salt if you use kelp. Its minerals provide a salty flavor by themselves. Kelp and kombu are extra good with beans because natural glutamates tenderizes them.

kelp & honey bits snack

One of my favorite sweet snacks.

Makes: a dozen snacks

Soak dried kelp or kombu pieces in water in a small bowl. Drain and chop into bite size pieces to fill ½ cup. Set aside.

In a saucepan, bring to a boil ¼ cup honey and ½ cup water.

Reduce heat, add sea vegetables and simmer until liquid is evaporated, about a half hour. Set aside.

On a baking sheet, spread 1 cup sesame seeds or ground almonds

Arrange the sea vegetables on top, turning with tongs to coat. Bake in a 300°F oven for 30 minutes.

couscous, red lentils & kelp

A delicious low fat, high protein cleansing meal.

Makes: 6 servings

In a large saucepan, bring 1 ¼ cups water to a boil.

Add:

1 cup couscous	2 tbsp. canola oil
5-inch piece of kelp	

Stir, cover and remove from heat. Allow to stand 5 minutes. Remove kelp. Fluff with a fork. Then, sauté with:

2 tbsp. onion broth	2 cups vegetable stock
½ cup leeks, (white parts only) chopped	
1 cup red lentils	1 tomato, chopped
1 tsp. tamari	1 tsp. basmati vinegar
1 tsp. garlic/lemon seasoning	a pinch cayenne

Reduce heat, cover and simmer for 20 minutes.



kombu salad with vinegar sauce

Use as part of brown rice cleanse or a macrobiotic healing diet.

Makes: 4 salads

1 handful of dried kombu (or wakame), in 1-inch lengths

Soak for 1 hour in rice vinegar or lemon juice. (Acidity tenderizes the sea vegetables). Rinse, drain, set aside.

Then, cut into matchsticks:

1 European-type cucumber, peeled and halved

Sprinkle with sea salt and put in a colander over a pan to drain for 30 minutes. Squeeze out any remaining excess water. In a salad bowl, toss cucumber and kombu with 8 oz. corn niblets and then top with the following Vinegar Sauce.

Serve on tiny appetizer plates.

vinegar sauce

In a small bowl, blend:

1 tbsp. brown rice vinegar 1 clove garlic, mashed
1 tsp. chili powder (or 2 – 3 dashes of hot pepper sauce)
1 tbsp. honey 1 tbsp. pan-roasted sesame seeds
½ bunch green onions with tops, finely chopped

dulse

Dulse has a nutty, bacon-like taste, so it's great in dips, sandwiches, soups, salads and stir-fries. A rich red seaweed, it's a good source of iron, B vitamins, plant protein and fiber. Cooking with dulse is a treat. You can pan-fry it in a oil-sprayed pan until the pieces turn brownish and crisp like chips. You can dry-roast the pieces in a 300° oven until they turn greenish—not black (burned). Then crumble the crispy pieces onto grains, soups, pizza and popcorn.

I love roasted dulse ground in the blender with walnuts, dried tomatoes and dry basil. Mmmmmmm—I use it as a condiment on lots of steamed veggie dishes.

Dulse can be used like bacon bits in sandwiches, chip dips, soups and stir fries.

brown rice, dulse & tofu

The protein complementarity of brown rice, dulse and tofu is good for a healing diet.

Makes: 8 servings

In a pan filled with water, soak:

8 dried shiitake mushrooms
a small handful dried dulse

When soft, thinly slice mushrooms and dulse, and set aside. Save soaking water.

In a saucepan, dry roast 1 ½ cups brown rice. Then, cook in 2 ½ cups water (yields 4 cups cooked). Set aside.

In a skillet, sauté in 2 tbsp. sesame oil:

2 cakes tofu, cubed 2 cloves garlic, minced
1 onion, chopped 1 tsp. nutritional yeast flakes
1 tsp. cumin powder 1 tsp. sesame seeds
¼ tsp. lemon pepper

Mix blend into rice. Set aside.

Sauté in 2 tbsp. sesame oil until color changes:

2 carrots, chopped 2 celery stalks, chopped
2 zucchini, chopped 1 green bell pepper, sliced thinly
plus the mushrooms and dulse

Add mushroom soaking water and steam-braise for 5 minutes. Vegetables should be just tender/crisp, not completely cooked. Add to rice and tofu. Season with herb salt and serve.

brown rice, dulse & greens classic

I often have this as my healthy breakfast.

Makes: 6 main dish servings

Have prepared:

4 cups cooked brown rice.

In a 300° oven, roast for 8 minutes and set aside:

½ cup walnuts, chopped ¼ cup dulse, chopped
2 tbsp. sesame seeds

Have ready:

1 cup romaine lettuce, shredded
1 cup Chinese napa cabbage, finely chopped
½ cup bean sprouts or sunflower sprouts
1 cup bok choy 1 cup spinach leaves
1 carrot, diced 1 slice of onion, chopped
½ tsp. fresh ginger, minced 1 garlic clove, minced

Preheat a large wok with 3 – 4 tbsp. sesame oil. Heat the ginger and garlic until fragrant. Add the carrots and onion and sauté for 5 minutes. Mix in the greens and cook just until color changes. Add the sprouts, brown rice, and dulse and seed mix. Blend and heat briefly. Turn off heat. Make a well in the center and add a raw egg (optional). Toss for 3 minutes until hot and set. Turn onto large serving platter. Sprinkle with 1 tbsp. tamari.

black-bean & dulse chili

A vegetarian, mineral rich chili alternative.

Makes: 6 bowls

In a pan filled with water, soak:

½ oz. dried shiitake mushrooms
½ oz. dried black fungus mushrooms
½ oz. dry dulse

Drain and thinly slice mushrooms and dulse. Set aside.

Have ready:

2-inch piece daikon radish, finely chopped
½ cup black beans (uncooked)
1 clove garlic, minced 1-inch fresh ginger
6 cups vegetable stock

In a large saucepan, simmer the black beans, the mushrooms, dulse and herbs in the vegetable stock.

Add:

1 tsp. ground chili negro 1 tsp. herb salt
1 cup fresh string beans

Cook on medium low for one hour until bubbly and fragrant.

Top with:

½ cup toasted pumpkin seeds ½ cup fresh minced cilantro

