

SEAWEED CHUTNEY

- Seaweed required** : Species of *Ulva lactuta* : 100 g
Place of Collection : Southeast coast and West coast of India
Requirements : Onion (big) 2 nos., tomato 250 g, oil - 2 table spoon, chilli powder- 1 table spoon, salt to taste, curry leaves, a small piece of ginger, 2 cloves of garlic, 2-3 green chillies and coriander leaves.

Procedure

- ❖ Onion, tomato and seaweeds are cut into pieces and kept separately
- ❖ Ginger, garlic and green chillies are cut into fine pieces.
- ❖ The onion is fried in low fire till it turns brown. Chilli powder is fried in the same oil for a few seconds.
- ❖ The tomato and seaweed are added subsequently and fried till the water is completely removed and the oil is getting separated. The vessel is removed from the fire and allowed to cool.
- ❖ After cooling they are ground to paste. Add cut pieces of ginger, green chillies and coriander to the chutney. Add salt as per the taste. Serve hot with rice and chapathis.

SEAWEED PICKLE

- Seaweed required** : Species of *Gracilaria edulis*: 250 g
Place of Collection : Southeast coast
Requirements : Vinegar 50 ml, gingelly oil 100 ml, chilli powder 4-5 table spoon, peeled garlic 10 nos, mustard powder 2-3 table spoon, fenugreek powder 1 table spoon, chana dal -2 table spoon, curry leaves, aesafoetida and salt to taste.

Procedure

- ❖ Fresh seaweeds are washed repeatedly to remove the dirt and then moisture is removed with a piece of clean cloth or with blotting paper. The seaweeds are cut into small pieces and soaked in vinegar for 2 days with salt. Excess water is removed or allowed to get sun dried.
- ❖ Gingelly oil, chilli powder, mustard powder, peeled garlic

and fenugreek powder are added and mixed properly. The pickle is seasoned with curry leaves, chana dal and asafoetida and bottled. It is very tasty after a few days of bottling.

SEAWEED COOKIES

- Seaweed required** : *Sargassum*
Place of Collection : Southeast and West coast of India
Requirements : 1 cup butter, 1 tea spoon baking soda, 1 cup brown sugar, 1 tea spoon salt, 2 eggs, 1 tea spoon algin powder extracted from sargassum, 3 cup flour, 1 tea spoon vanilla, 2 large mixing bowls & measuring spoons, baking sheets, stove, hot pads and cooling racks.

Procedure

- ❖ In a large mixing bowl, combine the butter, sugar and eggs.
- ❖ Vanilla and almond for flavor are blended well.
- ❖ Combine the flour, algin, salt and baking soda in another bowl.
- ❖ Mix the ingredients of two bowls.
- ❖ Drop teaspoonfuls of dough to greased baking sheets.
- ❖ Bake for 8 minutes.
- ❖ Lift the cookies off from the baking sheets to cooling racks.
- ❖ When it is cool, store in an airtight container.
- ❖ The cookies will be good during tea time.

SEAWEEDS IN CHICKEN FRIED RICE

- Seaweed required** : *Ulva* and *Porphyra* : 100 g
Place of collection : Southeast coast & West coast of India
Requirements : Biryani rice 1 kg, chicken 500 g, onion (big) 2 nos, vinegar 2 table spoons, vegetable oil 100 ml, pure ghee 2 table spoons, a few numbers of cinnamon, clove and cardamom, bay leaves, green chilli, ginger, garlic and salt to taste.

Procedure

- ❖ Biryani rice is washed properly and soaked in a little water for 5 minutes and fried in pure ghee with bay leaves, cinnamon, clove and cardamom.
- ❖ Make the garlic and ginger paste.
- ❖ Onion and green chillies are cut into pieces.
- ❖ Wash the chicken pieces, mix with the paste, salt and vinegar and keep for 30 minutes.
- ❖ Fry the onion in vegetable oil till it turns golden brown. Add the chicken mix and fry till the oil is separated from the mix.
- ❖ Mix the fried rice in the chicken roast and add water accordingly.
- ❖ Cook in slow fire for 10 minutes in a pressure cooker without putting the weight.
- ❖ Garnish with coriander leaves and raw seaweeds.
- ❖ Serve the biriyani hot with onion salad.

SEAWEED CHAPATHI

- Seaweed required** : *Ulva* and *Porphyra*
Place of collection : Southeast coast & West coast of India.
Requirements : Wheat floor 2 cups, butter 2 table spoons, finely cut seaweeds 100 g, water, finely cut green chilli, ginger and salt to taste.

Procedure

- ❖ Mix the wheat floor with the butter in dry condition.
- ❖ Add the pieces of ginger, chilli, seaweed, salt and mix thoroughly
- ❖ Add required water to make dough and make a few balls.
- ❖ Roll the ball in a chapathi roller and cook in a pan either dry or with a little vegetable oil.
- ❖ Serve hot with seaweed chutney.

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SEAWEED RECIPES



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SEAWEED RECIPES

India is blessed with long coastline rich in seaweed resource. There are more than 700 species of seaweeds of which 60 are commercially important. About 22 genera are edible. Seaweeds are rich source of protein, vitamins, minerals, fats and carbohydrates. They also contain essential amino acids including methionine and tryptophan, which are not available in vegetables. Marine algae contain more than 60 trace elements in much higher concentration than those in the terrestrial plants. Seaweeds are yet to gain acceptance as food in India, though they are important constituents in the diet of peoples of many Asian countries.

SEAWEED JELLY



- Seaweed required** : Species of *Gracilaria* and *Gelidiella*
- Place of Collection** : Southeast coast of Tamil Nadu from Rameswaram to Tuticorion
- Requirements** : Dried seaweed (100g), sugar (1 kg), lime Juice (25-40 ml) essence (as preferred), colour (orange), gas, pressure cooker, organdy cloth and agar tray.

Procedure

- ❖ Immediately after collection, the seaweed is washed several times in potable water and sun dried. This is continued for three days to remove all pigments from the seaweed till it becomes colorless.
- ❖ The dried seaweed is boiled in 1-2 litres of potable water

for 30-40 minutes till they are soft enough to extract the agar. Pre-soaking of the dried seaweed in water will improve the agar yield. Pressure cooking is desirable.

- ❖ The extract is filtered through organdy cloth while it is hot. Sugar, lime juice, essence and colour are added to the extract and stirred till the sugar is completely dissolved.
- ❖ It is once again filtered through organdy cloth, allowed to cool under room temperature, cut in to pieces and refrigerated. The jelly is more tastier while served cool.

SEAWEED COCKTAIL



- Seaweed required** : Species of *Gracilaria* and *Gelidiella*
- Place of Collection** : Southeast coast of Tamil Nadu from Rameswaram to Tuticorion
- Requirements** : Dried seaweed (100g), sugar (1 kg), milk (half a litre), essence (strawberry), colour (strawberry), gas, pressure cooker, organdy cloth, agar tray and bowl.

Procedure

- ❖ Step 1 & 2 as explained above.
- ❖ The extract is filtered through the organdy cloth while hot and leave in the tray under room temperature. Refrigerate the agar overnight and defrost it the next day. The agar sheet is dried under sun and stored till use.
- ❖ Mix approximately 25 g of food grade agar in boiling milk till it dissolves. Add sugar, colour and essence and allow it to settle in a bowl.
- ❖ Cool the mix under room temperature and make it

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