



Recipes

Sea Vegetables

Kelp Cucumber Salad

Prep Time: 20 minutes

Cooking Time: none

Yield: 3-4 servings

Ingredients:

- 2 ounces kelp
- 2 cups water
- 1 cucumber, sliced into thin rounds
- ¼ cup rice vinegar
- 1 tablespoon maple syrup
- 3 tablespoons tamari
- 2 tablespoons sesame seeds

Directions:

1. Put kelp in a bowl and cover with water.
2. Let sit for 15 minutes.
3. Slice into bite-size pieces.
4. Peel cucumber and slice into thin rounds.
5. Whisk together vinegar, maple syrup and tamari in a bowl.
6. Add cucumber and kelp and mix well.
7. Garnish with sesame seeds and serve.

Note:

- The word “kelp” refers to any of the brown seaweeds including alaria, wakame and kombu.