

# MENU

## SEAWEED VINEGAR

Ingredients: raw apple  
vinegar 200 ml  
seaweed

method:

Add seaweed (e.g. serrated wrack and bladder pods) into the apple vinegar and let it infuse for at least 30 min. Once in a tight jar this can be kept for a year. Drain into a bowl to use.

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## PICKLED SEAWEEDES

Ingredients:  
seaweed vinegar (see recipe)  
seaweeds such as channel wrack, bladder wrack serrated or flat wrack,

method:

Place the seaweeds into a bowl of seaweed vinegar and leave to infuse for at least 20 min

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## SEAWEED BROTH WITH LAVERBREAD

Ingredients:  
X 1 handful dried kelp (foraged or bought)  
X 1/2 handful of dried porcini mushrooms X 5 knobs butter  
seaweed vinegar ½ tablespoon  
laver seaweed (foraged or bought fresh at a market or in a tin)  
chives

method:

### DASHI & LAVERBREAD

Make the dashi by placing the dried kelp into a pan of cold water along with the dried mushrooms. Bring back up to the boil then simmer between 20 and 30 mins to reduce, then strain.

Bring the dashi back up to the boil and add the butter while whisking.

Simmer to reduce for 10 min then add the butter and whisk until it gently melts.

Season to taste

Add the seaweed vinegar (or lemon juice)

Whisk again

The washed laver seaweed should be simmered for around 30 min then drained of excess water by squeezing against a sieve to make the Laverbread.

Pour the dashi from a jug into a bowl. Add the hot laver into the dashi with fresh cut chives.

tip: if using foraged laver seaweed, wash in cold water replacing the water at least 5 times to remove all sand and shells etc. then drain.

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## SHORELINE PLANTS IN A SEAWEED DRESSING

### Ingredients:

seaweed vinegar  
rapeseed oil

seabeet sea  
astor rock  
samphire golden  
samphire sea  
purslaine sea  
radish flowers  
sea lettuce

note: you could substitute these foraged shoreline plants with other vegetables for example: spinach, raw carrots, pea shoots, raw fennel.

### method:

Make the seaweed dressing by whisking together the seaweed vinegar and rapeseed oil.  
Season with salt & pepper.  
Place the shoreline plants or vegetables into a bowl and drizzle with the seaweed dressing.

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## BETROOT IN A SEAWEED DRESSING

### Ingredients:

X 2 beetroot  
seaweed dressing (see recipe)

### method:

Peel and finely slice the beetroot into a bowl.  
Drizzle with seaweed dressing.  
Season to taste.

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## POTATOES IN WILD THYME BUTTER

### Ingredients: 4 - 5

potatoes butter  
– X 1 knob  
wild thyme (or ordinary thyme foraged or bought)

### method:

Simmer potatoes for 20 min until cooked.  
Coat in butter and sprinkle with wild thyme.  
Season to taste.

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