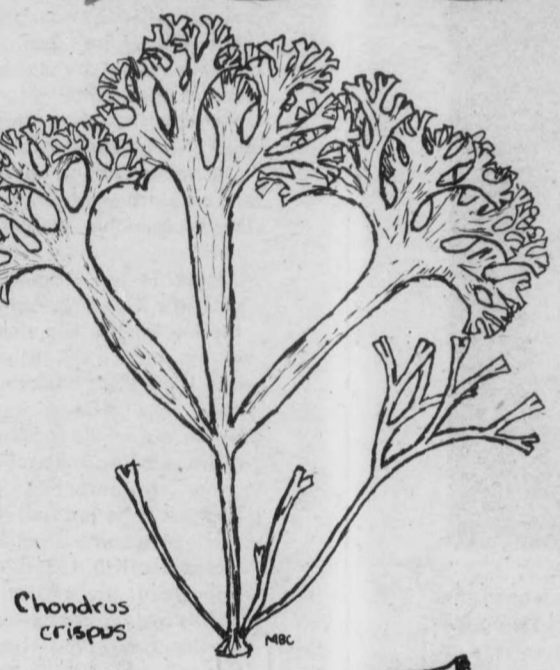


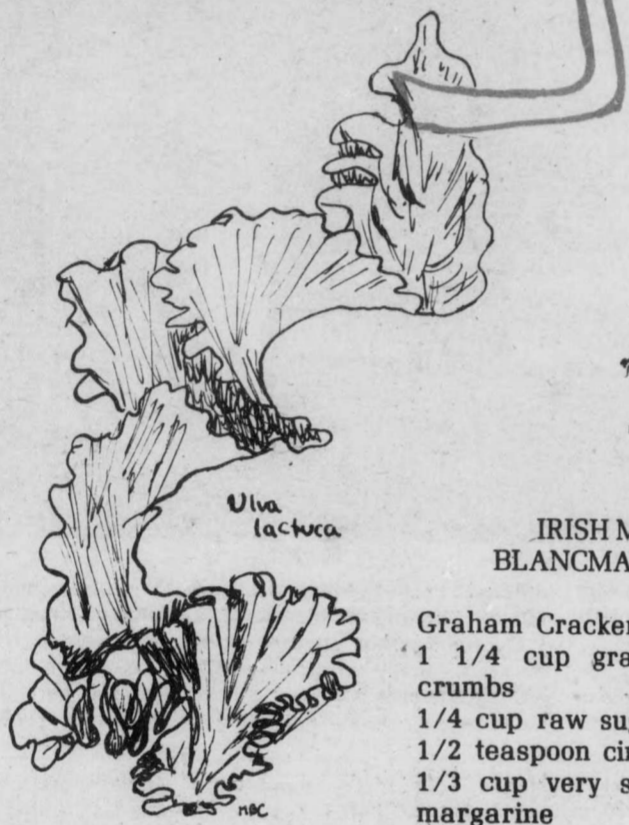
Sea vegetables



Chondrus crispus



Thais lapillus



Ulva lactuca



Littorina littorea

IRISH MOSS BLANCMANGE PIE

Graham Cracker Piecrust
 1 1/4 cup graham cracker crumbs
 1/4 cup raw sugar
 1/2 teaspoon cinnamon
 1/3 cup very soft butter or margarine

1 1/2 cups dried Irish moss
 1 quart whole milk
 1 cup strawberry preserve
 1 tablespoon frozen orange juice concentrate
 pinch of sea salt
 1/2 cup pistachio nuts, shelled and chopped

•Prepare graham crust and refrigerate it uncovered for 1 hour. Combine crumbs, sugar, and cinnamon in a bowl. Add the butter and blend with a fork. Press crumb mixture evenly over bottom and sides of a 9-inch pie plate chill.
 •Soak Irish moss for 30 minutes in enough cold water to cover. Wash well. Drain. Pick it over to remove any foreign matter.
 •Pour the milk into the top of a double boiler.

•Place Irish moss in a square of cheesecloth (a piece about 12 inches square). Tie up the ends and suspend the bag in the milk. Simmer for 30 minutes. Press the bag against the side of the pan occasionally to release the gel. Stir continually.
 •Remove from heat. Discard the spent bag.
 •Add the strawberry preserve, orange juice concentrate, and salt. Stir well.

•Pour the blancmange into the piecrust. Sprinkle the nuts on top. Let stand for 10 minutes, then cover carefully and refrigerate for several hours before serving.
 •To serve, set the pie tin in a little hot water for a minute before removing the first slice.

DULSEA

1 cup fresh dulse
 1 cup dried laver
 4 quarts periwinkles
 1 cup oat dumplings

4 - 6 servings

•Soak the dulse for 3 hours in cold water then add the laver and simmer for 3 hours.
 •Add water if necessary.
 •Simmer periwinkles in seawater for 10 minutes.
 •Drain and remove them from their shells with a sewing needle, cutting off the operculum at the foot.

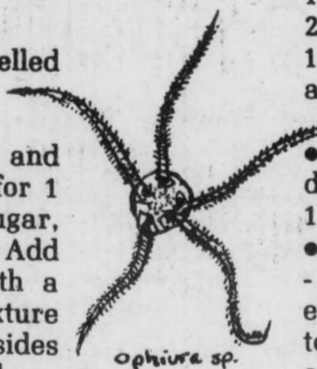
OAT DUMPLINGS

1/4 cup finecut oatmeal
 1/4 cup whole wheat flour
 3 tsp baking powder
 1 tsp salt
 1/2 tsp baking soda
 1 egg, beaten
 2 tbsp sour cream
 1/4 cup milk
 additional milk

•Add water to the cooking dulse to bring the liquid to 1 1/2 quarts.
 •Prepare the dumpling mixture - sift dry ingredients, beat the egg and add sour cream. Add to dry ingredients. Use additional milk to make a stiff dough.
 •Add the dumplings by spoonfuls to the boiling soup. Cover and cook 12 - 15 minutes. Add periwinkles and serve.



Balanus balanoides



Ophiura sp.



Cancer irroratus



ALARIA VEGETABLE STEW

1 cup alaria
 corn oil for sauteeing
 1 cup each of carrots, turnips, radish, parsnips, rutabagas
 2 tsp powdered ginger
 1 cup dry white wine
 salt, pepper

8 - 10 servings

•Soak the alaria overnight in enough cold water to cover.
 •Drain. Cut fronds at midrib into 1/2 inch strips.
 •Sautee in oil until bright green and sweetly aromatic.
 •Add water to cover.
 •Boil uncovered for a half hour. Add water if necessary. Cover pot and boil 2 hours.
 •Add the remaining ingredients and simmer until vegetables are cooked.



Alaria esculenta



Rhodymenia palmata