

Sweet Ginger Arame

Onions sautéed until they are sweet and caramelized make a delicious base for this dish, and a zing of ginger at the end balances it perfectly. Makes 4 servings.

1/2 cup dry Arame (1/2 ounce)	1/2 to 1 teaspoon soy sauce, or to taste
Water for soaking	1 inch ginger root, peeled and cut into thin rounds
1 tablespoon olive oil or toasted sesame oil	3 tablespoons water
1 medium onion, diced	

Soak arame in enough warm water to cover. The arame will double in size once rehydrated. While it is soaking, sauté the onion over medium heat until caramelized, 15 to 20 minutes. Drain the arame and discard soaking water. Add arame and soy sauce to the onions. Sauté about 5 minutes. Purée ginger in 3 tablespoons water with an immersion blender, and stir into seaweed mixture. Remove from heat and serve.

Savory Arame With Tahini

This recipe combines the richness of tahini with protein-rich tofu to create the ultimate umami flavored seaweed dish.

1/2 cup dry arame (about 1/2 ounce)	1 tablespoon soy sauce, or to taste
Water for soaking	2 tablespoons tahini
2 tablespoons olive oil or toasted sesame oil	1 inch ginger root, peeled and cut into thin rounds
1 clove garlic, minced or pressed	3 tablespoons water
8 ounces extra-firm tofu, drained, pressed with an absorbent towel, and crumbled	1 to 2 tablespoons sesame seeds, to garnish

Soak arame in enough warm water to cover. The arame will double in size once rehydrated. Heat oil in a cast iron skillet. Stir in garlic. Add crumbled tofu, and sauté 5 minutes.

Drain the arame and discard soaking water. Add arame and soy sauce. Sauté 5 minutes more. Purée ginger and tahini in 3 tablespoons water with an immersion blender, and stir into seaweed mixture. Sauté for 2 to 3 minutes to incorporate the sauce into the tofu. Remove from heat.

Place sesame seeds in a stainless steel pot or small skillet with a lid. Shake the pot regularly, with lid on, over medium high heat until you hear seeds popping, about 2 to 5 minutes depending on the pot and flame. Once seeds are popping, shake continuously over the flame for another 30 seconds. Remove from heat and pour seeds onto a plate. Garnish arame with sesame seeds and serve.

Fried Dulse

As a snack, filler for a wrap, or topping for a salad, this quick and easy sea vegetable preparation is sure to please.

1 cup dry dulse
2 to 3 teaspoons extra-virgin olive oil for frying

Heat oil in a cast iron skillet. Separate the dulse into thin strips and add to hot oil, being sure not to crowd the pan. Fry both sides until brown and crispy. The dulse won't lay flat in the oil, so you can simply stir it around until both sides are brown and crispy.