



How To Make Foraged Seaweed Gomasio

What we're foraging for our gomasio:

- Sea lettuce (*Ulva* spp), a common bright green, lettuce-like seaweed that can be found on beaches and rocks in the intertidal zone, all around the world. Sea lettuce can be used fresh, blanched or dried in a variety of dishes.
- Kelp (*Laminaria* spp), found in temperate and cold seas and oceans in the subtidal zone all around the world. Kelps can be eaten dried, blanched, fried, or flaked.



Things to keep in mind:

- Take care to only harvest from shorelines where there is plenty of seaweed – this is an important resource for many creatures in the ecosystem!
- Choose shorelines that are a good distance from industrial zones – seaweed takes up nutrients, including toxins, from the water it grows in.
- Check the seaweed harvesting regulations in your area before you go out.

Gomasio ingredients:

Dried sea lettuce and dried kelp
Sesame seeds

Method:

- Step 1:** Gather a mix of sea lettuce and kelp.
- Step 2:** Wash the sand off the seaweed.
- Step 3:** Hang the seaweed to dry. You can also dry the sea lettuce on trays or in the oven.
- Step 4:** Crumble the dried sea lettuce into small pieces.
- Step 5:** Chop the kelp blades into small pieces.
- Step 6:** Oven dry the kelp to make it extra crispy (or blend in a food processor).
- Step 7:** Toast sesame seeds until golden brown (no oil required).
- Step 8:** With the two dried, crumbled seaweeds in one bowl and the roasted sesame seeds in another bowl, take a pinch of each and add to a mortar and pestle. Keep doing this until you have 50% of each in the quantity you desire.
- Optional:** Add good quality salt.
- Step 9:** Grind it all together.
- Optional:** Use a food processor instead of the mortar and pestle.
- Step 10:** Pour into a jar and enjoy!

For detailed information about seaweed foraging, check out *Milkwood: Real Skills for Down to Earth Living* by Kirsten Bradley and Nick Ritar, or follow Milkwood Permaculture online: www.milkwood.net