

Cooking With Algae



Pimento Stuffed Bell Peppers

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AGB410

PALMARIA PALMATA

- ✘ Palmaria palmata, or “Dulse Algae”, is a type of red algae that grows along the northern Atlantic and Pacific coasts.
- ✘ Earliest recorded harvesting of this species as a source of nutrition dates back over 1400 years.



NUTRITIONAL INFORMATION

- ✘ The majority of Dulse Algae consumption takes place in Canada and northern European countries.
- ✘ Common dishes using Dulse Algae include soups, salads, and sauces, but it is also often eaten as a snack.
- ✘ Dulse Algae has been found to be rich in:
 - + Vitamin B6
 - + Vitamin B12
 - + Vitamin C
 - + Vitamin E
 - + Vitamin A
 - + Iodine
 - + Calcium
 - + Magnesium
 - + Protein
 - + Dietary Fiber



PIMENTO STUFFED BELL PEPPERS INGREDIENTS

- ✘ 1/2 cup raw sunflower seeds, soaked and sprouted for 1 day
- ✘ 1/4 cup dulse
- ✘ 2 tablespoons nutritional yeast (not raw)
- ✘ 1 garlic clove
- ✘ 1/2 teaspoon crushed red pepper
- ✘ 1 large red bell pepper, capped and seeded
- ✘ Italian seasonings: dried and diced oregano, basil, thyme, marjoram
- ✘ fennel leaves

COOKING DIRECTIONS

- ✘ Using a food processor, combine sunflower seeds, dulce, yeast, garlic, crushed red pepper, and bell pepper cap.
- ✘ Continue to process until consistency is similar to lumpy cheese sauce.
- ✘ Stuff mixture into bell pepper
- ✘ Garnish with Italian seasonings and fennel leaves
- ✘ Heat using a dehydrator for approximately 60 minutes, or until desired warmth
- ✘ Total cook time: approximately 1 hour 15 minutes
- ✘ Total servings: one fully stuffed bell pepper

REFERENCES

- ✘ <http://vegweb.com/index.php?topic=30978.0>
- ✘ <http://www.oceanvegetables.com/edible-seaweed.html>