

Seaweed carrot salad:

1 blade dried Alaria (winged kelp) (~1/4-1/2 cup)

2 large carrots

1 T rice vinegar

1 t fresh ginger, grated

1/2 t sugar

2 t tamari or soy sauce, divided

1 t toasted sesame oil

1 T sesame seeds

Preheat oven to 400°F

Blanch Alaria in boiling water until bright green (around 1 minute), drain and let cool (you can save the blanching water for dashi).

Mix rice vinegar, ginger, sugar and 1 t tamari.

Tightly roll blanched Alaria and cut into narrow strips, chop strips into shorter pieces (1-2 inches).

Mix dressing with Alaria and let sit in fridge while roasting carrots.

Cut carrots into matchsticks or spiralize.

Add 1 t soy and sesame oil.

Spread thinly on a pan covered with parchment paper and roast for 10 minutes or until they are cooked through and the dressing sticks to the carrots.

Let carrots cool then mix with seasoned Alaria and 1 T sesame seeds.

<http://www.kwiaht.org/FoodSecurity.htm>