



Feisty Tasmanian Winter Goodness Soup

Recipe by Rees Campbell

 45 minutes

Ingredients

- 1 cup finely shredded Giant (Macrocystis pyrifera) or Golden kelp (Ecklonia radiata), or sea lettuce (Ulva spp)
- 150g finely sliced beef (but other meat is fine)
- ¼ tsp good seaweed salt
- ½ tsp native pepper
- 1tbs sesame oil
- 1 ½ tbs soy sauce
- 1 tsp minced garlic
- 500 - 750ml water

Notes

This soup originated in Korea, where it is traditionally given to women after giving birth because of all the nutrients in the seaweed.

Directions

1. Mix the sliced meat with pepper and salt and set aside.
2. Pre-heat a medium saucepan over medium heat.
3. Add the sesame oil, meat, and seaweed, stirring until the meat is mostly cooked. Add the soy sauce, garlic and water.
4. Cover the saucepan and simmer for about 20 minutes and the flavours have come through the stock.
5. Although traditionally served simple like this, you can add other spices such as chilli if you wish.

Winter is a great time to collect beach washed seaweed! Go down after a storm.

Images above left to right - giant kelp, golden kelp and sea lettuce.



Sundays

with Lucie Cutting

on 936AM and the ABC listen app





Feisty Tasmanian Wild Vegetable Pancakes

Recipe by Rees Campbell

 30 minutes

Ingredients

- 1 cup grated potato with the water squeezed out
- 1 cup shredded native greens, especially *barbarea australis*, saltbush, tetragonia
- ½ cup shredded spinach or silver beet
- 1 onion - halved then very thinly sliced
- ¼ tsp seaweed or garlic salt
- ½ tsp native pepper
- 1 big bunch apium
- Pinch of *kunzea ambigua*
- 1 egg
- Butter or oil for cooking

Directions

1. Very quickly blanch the greens, squeeze out and pat dry.
2. Mix all ingredients together in a big bowl with a fork till well combined. Any other vegetables can be added – whatever you have growing at the time. (You can add some plain flour and another egg if you want more solid pancakes).
3. Heat and oil your fry pan (or a sandwich toaster)
4. Spoon large portions into the pan, spread out to an even thickness, and cook until golden brown and set. Crispy edges are great.

These are delicious as a snack or a whole meal!
Some with some interesting sauces or pickles.



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