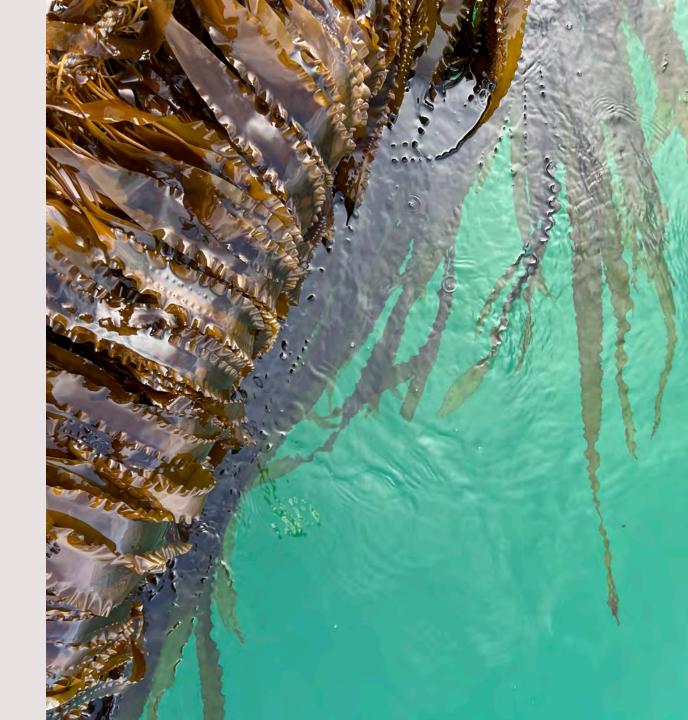
Culinary Applications of Seaweed

A versatile, nutritious & sustainable ingredient.





About Me

Hi! I am Emily Mingrone & I am the chef & owner of three remarkable establishments in New Haven, CT. My two restaurants, Tavern on State & Fair Haven Oyster Company focus on seasonal, farm to table cuisine and my whole animal butcher shop, Provisions on State, sources responsibly raised animals from the tristate area that we butcher in house - providing meats for the restaurants & the community as a whole. I was the first female winner of Chef of the Year from the CT Restaurant Assocation in 2021 & have been featured in multiple publications due to my unique & passionate approach to great food & hospitality.



Nutritional & Environmental Benefits

- High source of iodine
- Tons of fiber
- Great option for vegetarians & vegans
- Omega 3 fatty acids like those found in avocado & salmon
- Contains vitamins A, B & K
- Source of protein & calcium
- Does not require any input to grow
- Kelp forests can remove up to 20 times more carbon per acre than land forests

Types of Seaweed

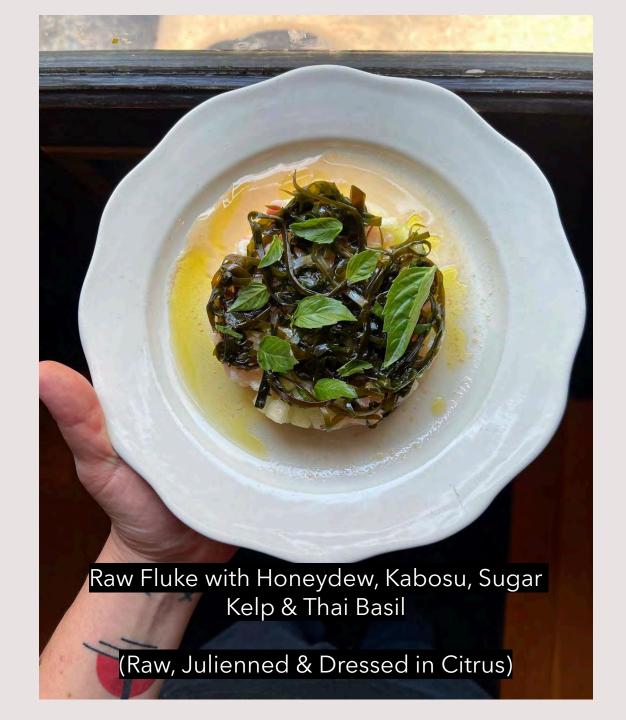
- Sugar Kelp (easiest to source locally)
- Bullwhip Kelp
- Nori
- Kombu
- Sea Beans
- Sea Lettuce

Methods of Preparation

- Raw great for salads, garnish
- Pickled perfect for preserving and using at a later time
- Blanched makes the color pop
- Sauteed can be an easy substitute for any leafy grean
- Stewed -incorporate into bean dishes or other slow - cooked applications
- Dehydrated either in a dehydrator or low oven, great for garnishing or blending into a powder for garnish or adding nutrients & flavor to dishes
- Juiced great way to add to cocktails or broths, and can dehydrate the remaining solids for total utilization

Dishes Showcasing Seaweed

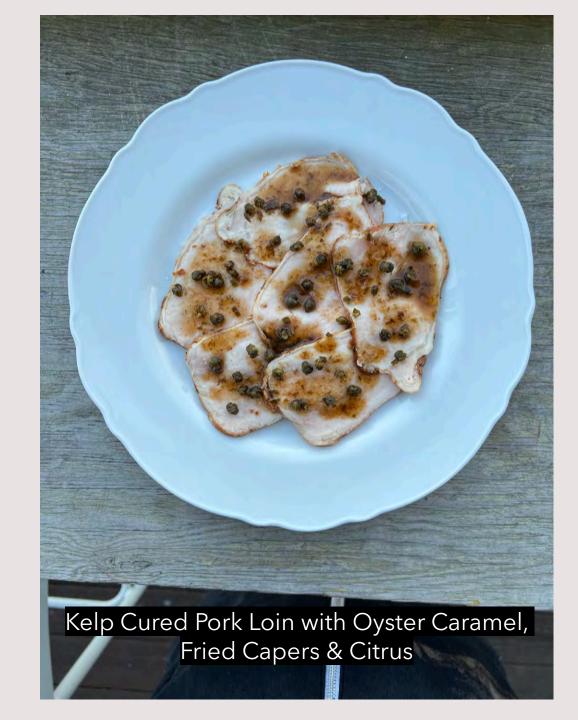


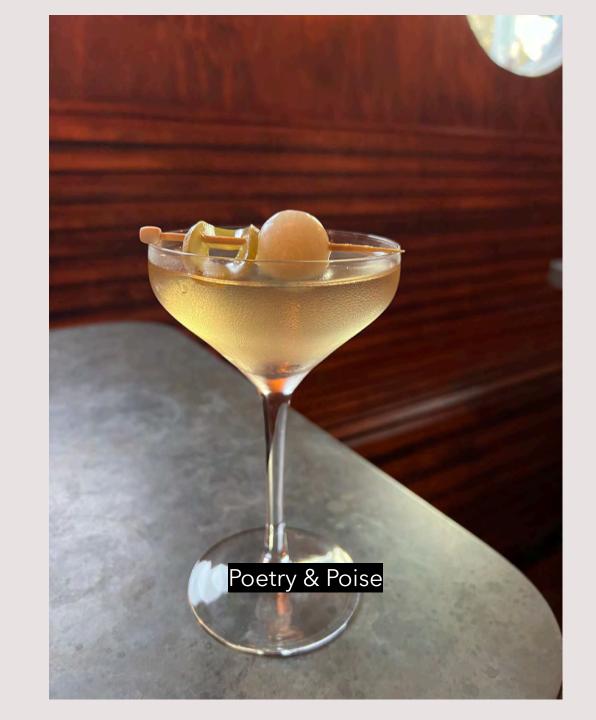






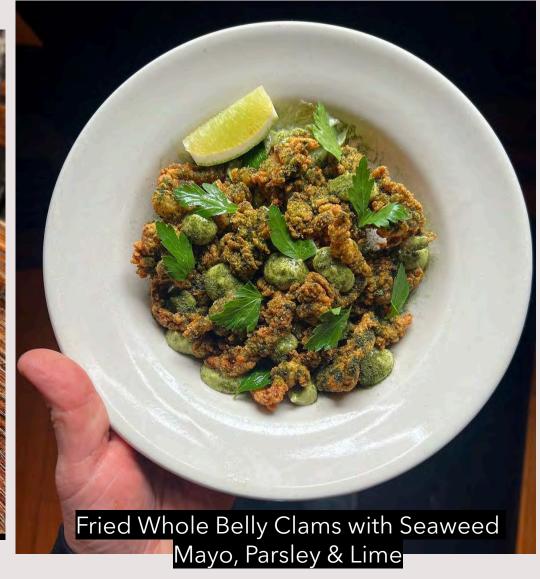


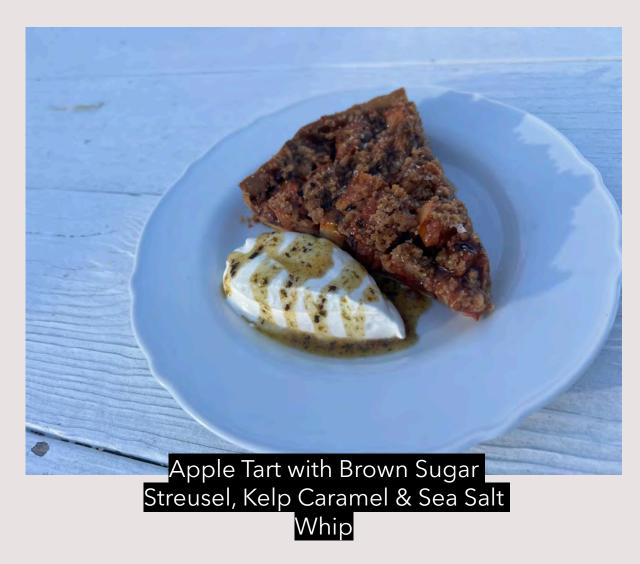














Q&A

I am sorry I couldn't be there in person!

I am happy to answer any questions you may have via email and can be reached at emily@tavernonstate.com.

Thank you for coming!