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 tri-state 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

Oysters Rockafeller with Kelp, Gruyere & Buttered Breadcrumbs

(Braised then Baked)

Raw Fluke with Honeydew, Kabosu, Sugar Kelp & Thai Basil

(Raw, Julienned & Dressed in Citrus)

Roasted Maitake Mushrooms with Nuoc Cham, Sesame & Pickled Kelp

Blackfish in Kelp Papillote with Kelp Gribiche & Fried Capers

Kombu wrapped pork loin that we sous vide , chill & slice for a carpaccio style pork dish pictured to the right.

Kelp Cured Pork Loin with Oyster Caramel, Fried Capers & Citrus

Poetry & Poise

Pan Roasted Halibut with Stewed Flageolet Beans, White Asparagus & Sugar Kelp

Fried Whole Belly Clams with Seaweed Mayo, Parsley & Lime

Apple Tart with Brown Sugar Streusel, Kelp Caramel & Sea Salt Whip

Beef Carpaccio with Raw Cremini Mushroom, Pickled Onion, Truffle Vinaigrette & Toasted Nori

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!