



# Sugar Kelp crisps



*Reconnecting People With Food From Nature*



# Sugar Kelp Crisps

*Sugar kelp was once sold in the street as a snack. These simple crisps are a great way to enjoy seaweed.*

## INGREDIENTS

You will need:

- Fresh sugar kelp
- Honey

## METHOD

- You'll find sugar kelp growing around the Mean Low Tide mark, attached to stones and rocks. Cut, don't pull the kelp.
- Rinse the kelp briefly, but don't rub the thin white coating away.
- Use scissors to cut the sugar kelp into pieces around 5cm x 5cm (you can make them larger or smaller)
- Coat the sugar kelp with honey on both side and bake in a over pre-heated to 180°C for 10 mins. Turn the crips and re-coat any that look dry.
- Bake until the crisps are bright green and crunchy. Be careful not to overcook – the precise cooking time will depend on the thickness of the sugar kelp.

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