

DÚLRA

IRISH SEAWEED

Sea Kitchen Recipes



SUSTAINABLY LINE GROWN

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DÚLRA
IRISH SEAWEED

ORGANIC SEAWEED FLAKES
A SUPERFOOD FROM THE ATLANTIC
SUGAR KELP
SACCHARINA LATISSIMA

SUSTAINABLY LINE GROWN
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ORGANIC SEAWEED FLAKES
A SUPERFOOD FROM THE ATLANTIC
WINGED KELP
ALARIA ESCULENTA

A **SUPERFOOD** FROM THE ATLANTIC

Dúlra Seaweed SCONES

INGREDIENTS

- 500G PLAIN FLOUR
- 1½ TSP OF SODA
- 1 EGG
- 1 TSP DULRA WINGED KELP SEAWEED
- 1 LARGE ONION
- 2 CLOVES OF GARLIC (OPTIONAL)
- 2TSP MUSTARD POWDER OR PASTE
- 85G/3OZ BUTTER
- 275ML BUTTERMILK
- 3½OZ/100G CHEESE
- 1OZ/25G OF CHEDDAR FOR TOPPING

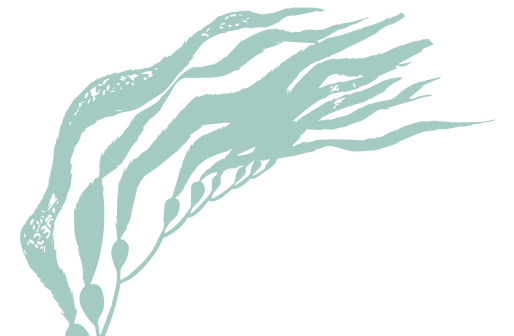
Try out our scones with some sugar kelp too!



COOKING STEPS

1. Preheat the oven to 200°C
2. Fry the onion and garlic until soft.
3. Allow to cool.
4. Sieve the flour and soda and rub in the butter.
5. Add the seaweed and mustard powder.
6. Add the grated cheese.
7. Beat the egg and the buttermilk together.
8. Make a well in the centre of the dry ingredients and add the buttermilk mixture.
9. Make into a dough and turn out, roll to 1" thickness.
10. Cut the scones and brush with buttermilk and top with cheddar cheese.
11. Cook for 12-15 minutes until golden.

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BROWN BREAD WITH *Dúlra Winged Kelp*

COOKING STEPS

1. Preheat the oven to 170c.
2. Grease or line a baking sheet.
3. Mix all the dry ingredients together in a large bowl.
4. Make a well in the centre and add the buttermilk.
5. Mix into a dough and turn out onto a floured surface.
6. Knead into a circular shape.
7. Place onto a prepared tin and cut a deep cross in the middle of the dough.
8. Bake until golden and cake sounds hollow when tapped on bottom.

INGREDIENTS

- 250G WHOLEMEAL FLOUR
- 250G PLAIN FLOUR
- 50G OATMEAL
- 2 LEVEL TSP SODA
- 2TSP WINGED KELP
- 1/2 LITRE BUTTERMILK
- PINCH OF SALT



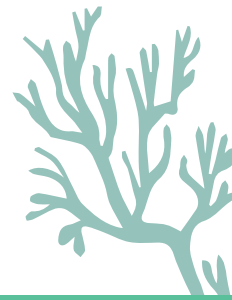
Dúlra Sugar Kelp CHOCOLATE CHIP & WALNUT COOKIES

COOKING STEPS

1. Preheat the oven to 180C and line a baking sheet with parchment paper.
2. Beat the butter and sugar until pale and creamy.
3. Next beat in the egg.
4. Sieve the flour and soda and add to the mixture.
5. Add in the chopped nuts, chocolate and seaweed.
6. Make into small balls and place on the tray. Then flatten a little.
7. Bake in the oven for 12-15 minutes until golden.
8. Dust with icing sugar and enjoy the umami flavour of these delicious cookies.

INGREDIENTS

- 230G SELF-RAISING FLOUR
- ½ TSP SODA
- 1 EGG
- 120G BUTTER
- 100G SUGAR
- 150G DARK CHOCOLATE (CHOPPED)
- 2½ TSP OF DÚLRA SUGAR KELP
- 80G OF CHOPPED WALNUTS



Dūlra Sugar Kelp **BANANA BREAD**

INGREDIENTS

- 230G PLAIN FLOUR
- 1 ½ TSP BAKING POWDER
- 3TSP SUGAR KELP
- 115G OF SULTANAS/RAISINS
- 3OZ MELTED BUTTER
- 2 EGGS
- 3 MEDIUM BANANAS
- 2 DSP OF RUM/BRANDY
- 50G CHOPPED NUTS OR CHOCOLATE
- 3 WALNUTS TO DECORATE

COOKING STEPS

1. Preheat the oven to 180c and line a 2lb loaf tin.
2. Soak the fruit in the rum/brandy. Then add the seaweed.
3. Beat the eggs and add to the fruit.
4. Melt the butter, stir in the sugar and allow to cool, then add this to the mixture.
7. Sieve the flour and baking powder then slowly add to the wet mixture.
8. Add the chopped nuts or chocolate at this stage.
9. Mash the bananas and add to mixture.
10. Spoon the mixture into the loaf tin.
11. Decorate on top with 3 walnuts.
12. Bake in centre in of the oven for 80-90 minutes.
13. Remove when an inserted knife comes out clean.
14. Leave in the tin for 10 minutes to cool. Then enjoy!

TOMATO SOUP WITH

Dúlra Winged Kelp



INGREDIENTS

- ½LBS/680G TOMATOES
- 1 TBSP OIL
- 14G OF BUTTER
- 1 POTATO
- 1 ONION
- 400ML MILK
- 400ML CHICKEN STOCK
- 1 TSP DÚLRA WINGED KELP
- 1-2 TSP SUGAR
- 2 TBSP OF FRESH CHOPPED BASIL

COOKING STEPS

1. Sweat potato, onion and tomatoes in oil and butter over a low heat.
2. Add the stock and seaweed and bring to the boil.
3. Turn down the heat to simmer and add the milk and sugar.
4. When cooked add fresh basil.
5. Whizz up to a smooth soup.
6. Serve with a swirl of cream and fresh basil leaves.



CELERY SOUP WITH

Dúlra Winged Kelp

INGREDIENTS

- 1 BUNCH OF CELERY
- 1 LARGE POTATO
- 1 LARGE ONION
- 1 CLOVE OF GARLIC
- 1TSP OF WINGED KELP
- 500ML VEGETABLE STOCK
- 100ML MILK

COOKING STEPS

1. Sweat the onions, garlic, potatoes and celery in a little butter and water.
2. Add the seaweed and stock.
3. Bring to the boil and simmer for 20 minutes or until the vegetables are cooked.
4. Add the milk and season to taste.
5. Blend until smooth.
6. Serve with Dúlra brown bread or Dúlra scones.



SWEET POTATO SOUP

WITH *Dúlra Winged Kelp*



INGREDIENTS

- 1KG OF SWEET POTATOES/
SQUASH OR A MIXTURE OF BOTH
- 25G BUTTER
- 1 LARGE ONION CHOPPED
- 2 STALKS OF CELERY
- 2 CLOVES OF GARLIC CHOPPED
- 2 CARROTS CHOPPED
- 1 TBSP OF WINGED KELP
- 1 TSP GRATED GINGER
- 1 TSP NUTMEG
- 1 LITRE VEGETABLE STOCK
- BLACK PEPPER TO TASTE

COOKING STEPS

1. Fry garlic, onion and ginger until soft.
2. Add the celery and carrots and fry for a further 3-4 minutes.
3. Add the diced sweet potato/squash, onions, seaweed, nutmeg and vegetable stock.
4. Cook until vegetables are soft.
5. Season to taste.
6. Blend until smooth. Enjoy!

BOXTY WITH *Dúlra Sugar Kelp*

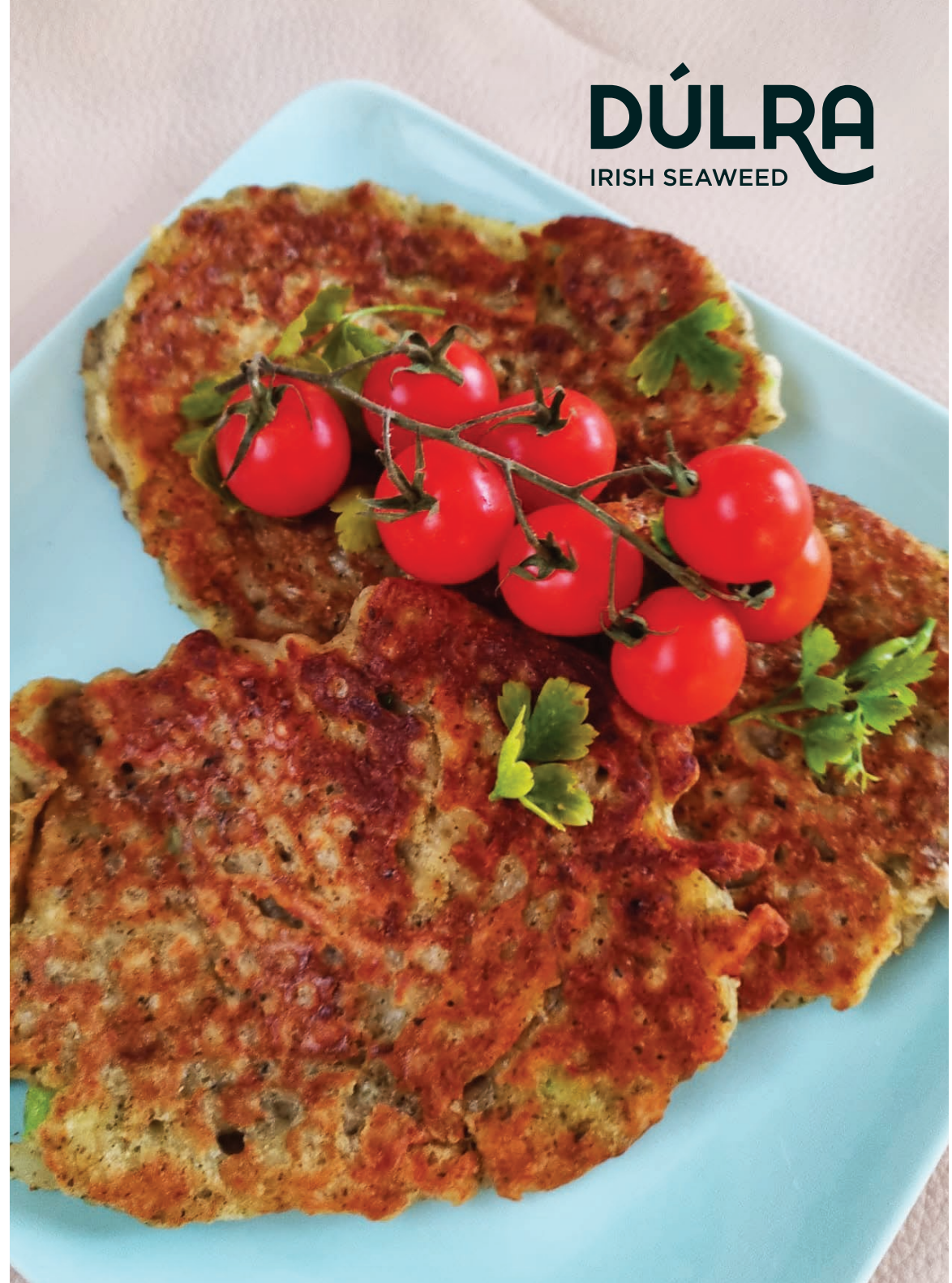
INGREDIENTS

- 4 LARGE POTATOES
- 55G SELF-RAISING FLOUR
- 1 EGG (BEATEN)
- 3 TSP SUGAR KELP
- SALT AND PEPPER
- OIL TO FRY

COOKING STEPS

1. Grate the potato into a bowl.
2. Mix in the beaten egg.
3. Add flour, seasoning and sugar kelp.
4. Make a cake shaped patty and fry in a hot pan. Turn over when turning brown.
5. Serve with crispy bacon and a fried egg.

DÚLRA
IRISH SEAWEED



SCALLOPS WITH BLACK PUDDING AND *Dúlra Sugar Kelp*

INGREDIENTS

- 6 SLICES OF BLACK PUDDING
- JUICE OF HALF LEMON
- 2 CLOVES OF GARLIC (MINCED)
- HALF GLASS OF WHITE WINE
- 250ML OF CREAM
- 2TSP SUGAR KELP
- SALT AND PEPPER
- BUTTER/OIL TO FRY

COOKING STEPS

1. Panfry the scallops and sear for 2 minutes on each side.
2. Remove from the pan and keep warm.
3. Fry garlic, add seaweed, lemon juice and wine to the pan.
4. Bring to the boil, add the cream and simmer for 2 minutes.
5. Return the scallops to the sauce.
6. Fry black pudding slices.
7. Season to taste and arrange on a platter, pouring any extra sauce over the pudding.
8. Serve with Dúlra seaweed scones.



SMOKIES WITH *Dúlra Winged Kelp*

INGREDIENTS

- 500G OF SMOKED FISH (SKIN OFF AND BONES REMOVED)
- 4 SPRING ONIONS
- 200G CHERRY TOMATOES (HALVED)
- 110ML CREAM
- 110ML CRÈME FRAICHE
- 100G GRATED CHEDDAR CHEESE
- 3TSP OF DÚLRA WINGED KELP
- A LITTLE OIL FOR FRYING

COOKING STEPS

1. Heat oil on the pan and fry the fish for 2-3 minutes.
2. Add the crème fraiche, cream, tomatoes, spring onions and seaweed. Season with salt and pepper.
3. Simmer for 3-4 minutes.
4. Remove from heat and divide the mixture into 4 ramekins.
5. Sprinkle the cheese on top of the fish sauce.
6. Place under the grill for 2-3 minutes until the cheese is melted.



Serve with Dúlra brown bread.

PRAWNS WITH PASTA AND

Dúlra Winged Kelp

INGREDIENTS

- 400G KING PRAWNS (PEELED)
- 200G PASTA
- 1TSP WINGED KELP
- 1 CLOVE GARLIC
- SMALL GLASS WHITE WINE
- 2 TSP TOMATO PUREE
- 150 ML DOUBLE CREAM
- 200G CHERRY TOMATOES (HALVED)
- SALT AND FRESHLY GRATED NUTMEG

COOKING STEPS

1. Cook the pasta and strain.
2. Keep a little of the water for later.
3. Fry the garlic until soft.
4. Add the tomatoes and fry for 2 minutes.
5. Add the seaweed, puree, wine and season to taste.
6. Add a little of cooking water. Simmer for 3 minutes.
7. Fry prawns until they turn pink.
8. Combine the pasta and the sauce.
9. Grate nutmeg on top.
10. Serve with garlic bread or salad. Enjoy!



[GLUTEN FREE]

FRUIT CRUMBLE WITH

Dulra Sugar Kelp

INGREDIENTS

[CRUMBLE]

- 100G GLUTEN FREE OATS
- 100G ALMOND BUTTER
- 115G BUTTER
- 3TSP SUGAR KELP
- 1/2TSP GRATED NUTMEG
- 75G CHOPPED NUTS
- 50G BROWN SUGAR

[FRUIT FILLING]

- 200G BLACKBERRIES
- 400G RHUBARB
- 175G GOLDEN CASTER SUGAR
- GRATED RIND OF 1 ORANGE

COOKING STEPS

1. Chop rhubarb into 1" pieces and cook with berries, sugar and orange rind for 2 minutes.
2. For the crumble topping, melt the butter and mix in all other ingredients.
3. Put the fruit into the oven proof dish and sprinkle the crumble mixture over it.
4. Press down with the back of a spoon to even out.
5. Cook at 190c until golden. Serve with cream or natural yogart.



BEETROOT HUMMUS WITH

Dulra Sugar Kelp

INGREDIENTS

- 500G COOKED BEETROOT
- 1 TIN CHICKPEAS/BUTTERBEANS
- ZEST AND JUICE OF 1 LEMON
- 2TBS OLIVE OIL
- 3 CLOVES GARLIC (PEELED)
- 5TSP TAHINI
- 1TSP SUGAR KELP
- SALT AND PEPPER
- PINCH OF CAYENNE PEPPER

COOKING STEPS

1. Drain chickpeas and roughly chop the beetroot.
2. Blitz all the ingredients until smooth.
3. Serve with toasted pitta bread or ciabatta toasts.



DÚLRA

IRISH SEAWEED

Our Story

My name is Anthony Irwin. My partner Angela and our two boys run a small organic seaweed farm in the west of Ireland called DÚLRA. We grow a number of Kelp species on our site, located in the pristine Atlantic waters of Blacksod Bay, Co Mayo. We are natives of this area and are from farming backgrounds for generations. We also run a small organic agricultural farm and we use seaweed daily on our farm and in our kitchen.

We feel passionate about protecting the precious resources of land and sea, and sustainable rural living. Angela's passion for healthy food and my passion for the sea combined in a love of all things seaweed and led to the creation of DÚLRA IRISH SEAWEED.

DÚLRA is the Irish for NATURE

Respect for the natural environment, is at the heart of all we do. We chose seaweed cultivation rather than wild harvest because of its positive impact on the environment, being a carbon neutral food, producing protein without the need for fresh water and arable land. Also seaweed cultivation areas create important protected habitats where no fishing takes place and aquatic life is allowed to thrive in the deep waters beneath. Its taste and nutrient profiles are superior, being suspended in mid water in a consistent yet dynamic Atlantic habitat.

Seaweed cultivation is a perfect fit for our ethos, producing food while enhancing and regenerating the environment, proving that humans and nature can have a symbiotic relationship again, as they once did in the past.

Anthony Irwin
DÚLRA Irish Seaweed

