



Seaweed, a Cook's Guide: Tempting Recipes for Seaweed and Sea Vegetables

Lesley Ellis

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Tasty and nutritious seaweed -- from kelp and dulse to arame and nori -- is gaining the attention of cooks from coast to coast. Now, with this easy-to-use cookbook featuring more than 50 recipes, you can sample and experiment with one of nature's most beneficial foods. Once thought to be the exclusive province of Asian cooks, seaweed has been popular in cultures in Noah America, the United Kingdom, France, Norway and other countries. In Seaweed, A Cooks' Guide, you will find tasty recipes to seal your reputation as a creative cook.

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