

**THE  
RAW  
PIRATE  
GOURMET**

**SEAWEED SALAD**

- 1 cup of kelp (soaked for 3 hours or more in filtered water)
- 1 granny smith apple (or other green apple)
- 1/2 red pepper
- 1 baby bokchoy
- 1/2 cucumber
- 2 green onions

Chop all the vegetables into bite size pieces. Put veggies into large salad bowl. Drain seaweed and add to salad mixture.

**DRESSING**

- 2 cloves garlic
- 1 inch piece of ginger
- 1 red serrano pepper (or other hot pepper)
- 1 lemon juiced
- 1/4 t sesame oil
- 1 T nama shoyu
- 1 T agave nectar

Finely chop garlic, ginger and serrano. Grind with pestle and mortar. Add liquids and mix well. Add to salad.

Garnish with finely chopped shiso and black sesame seeds.

