

SEAWEED: LAVER

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1 Read the information about laver and answer the following questions.

Biological name: Porphyra spp
Species: Rodoficeae (red seaweeds)
Season: all year round

Characteristics

Laver is an edible, littoral alga composed of thin sheets, red or purple in colour, which turn dark if dried and green if cooked and have a flavour similar to that of sardines. It is commonly found around the west coast of Britain and the east coast of Ireland. It is widely consumed in East Asia, where it is known as *zicai* in China; *nori* in Japan and *gim* in Korea.

Industrial production is based on cultivated seaweeds to meet the market demand for it.

Nutritional facts

This type of seaweed is an excellent source of pro-vitamin A, iron and iodine.

Use

Depending on local culinary traditions, these seaweeds can be eaten fresh, dried or cooked. In Japan they are often grilled and then crushed and used as the outer casing to sushi or in infusions. They can also be added to soups, salads, fish, pasta, rice and tofu; or used as a seasoning. In Wales they are used to make a traditional breakfast dish known as Laverbread.



	per 100 g of dried product
protein	17 g
fat	0.8 g
sugar	36 g

- 1 How does the colour of laver seaweed change?
- 2 What does it taste like?
- 3 Where does it grow in the British Isles?
- 4 Which cuisines is it common to and under what different names?
- 5 What are the nutritional properties of laver?
- 6 Which two countries prepare particular dishes with laver bread and what are these dishes?

ON THE NET!

2 Have a look at the video *How to Make Laverbread with Seaweed* and order the instructions for the recipe. The first and last are done for you.

- 1 Agitate the laver to get the sand out, with a couple of water changes.
- 2 Break the laver up into small pieces.
- 3 Cook it evenly and slowly in a cast iron container.
- 4 Decant the water off until the laver is clean.
- 5 Fry the Laverbread off in really fatty bacon.
- 6 Mix a bit of oatmeal into it to make it less sticky.
- 8 Serve it on toast or bread.
- 7 Tilt the container up, so that the sand falls to one end.



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3 Write a recipe which uses seaweed.