



## **Intertidal Salad - Wild Radish | Bladder Wrack | Walking Stick Kelp** **By Chef Paul Rogalski**

Serves 4



I learned a big lesson the first time I worked with bladder wrack. While delicious when raw, when heated, even just a bit, it releases an unpleasant slime, similar to that of okra. The trick to using this tasty ingredient, is not to cook it but rather use it as a finishing element. The walking stick kelp, however, has a fantastic texture when lightly cooked. The kelp has just hint of almond flavor, which led me to include almonds in this recipe. The wilted wild radish adds a spicy snap to brighten the dish. You will need a large frying pan or a wok with a strong heat source to make this quick dish.

- 1/4 cup avocado oil
- 1/2 cup slivered almonds
- 1/4 cup shallots, finely chopped
- 2 cups walking stick kelp, washed and cut in 1 1/2 inch long thin strips
- 2 cups wild radish greens, cleaned
- 2 oz brown rice vinegar
- A sprinkle of salt
- 1 cup bladder wrack ends, washed and cleaned
- 1/4 cup wild radish flowers

Preheat your frypan or wok over high heat and add the avocado oil and almonds. Cook the almonds until slightly brown then add the shallots and cook them until brown slightly as well. Toss in the walking stick kelp and wild radish. Add the brown rice vinegar and season to your personal taste with salt. Divide on serving plates in equal portions and garnish with bladder wrack ends and a sprinkle of the wild radish flowers. Enjoy with chopsticks or a fork!