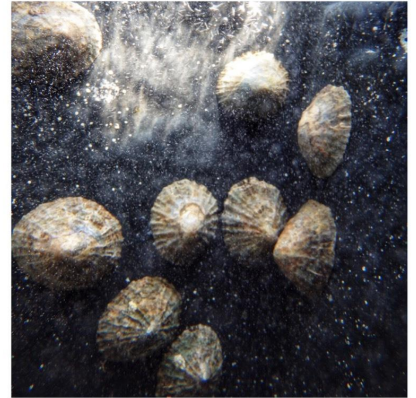




# Mungo Murphy's Seaweed Co.

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## Produce Brochure







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### Available Products

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All of Mungo Murphy's fresh produce are shipped with ice-packs for next day delivery.

When cooking with fresh seaweeds it is important to soak them for 10-15 minutes to remove debris and to reduce the sodium content of the seaweeds.



Product	Description Page	Season
<b>Seaweed</b>		
Seasonings	4	All Year
<b>Alaria (Wakame)</b>	5	February-May
<b>Sea Lettuce</b>	6	April – October
<b>Kelp</b>	7	All Year
<b>Sea Spaghetti</b>	8-9	April – November
<b>Sea Grass</b>	10	April - October
<b>Dillisk/Dulse</b>	11	November-July
<b>Carrageen Moss</b>	12	All Year
<b>Channel Wrack</b>	13	All Year
<b>Sargassum</b>	14	All Year
<b>Pepper Dulse</b>	15	January-May
<b>Velvet Horn</b>	16	March- September
<b>Scurvy Grass</b>	17	All Year
<b>Sea Cucumber</b>	18	All Year
<b>Abalone</b>	19	All Year
<b>Sea Urchin</b>	20	November- June
<b>Limpets</b>	21	All Year
<b>Periwinkles</b>	22	All Year



## Product Information

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**S e a w e e d**

**S e a s o n i n g s**



We produce three flavours of Seaweed Seasonings. Dillicious, Smokey BBQ and Furikake. Each of these are a blend of Connemara seaweeds mixed with different spices and herbs for maximum flavour. Our Seaweed Seasonings may be used as rubs on meat and fish dishes, in salad dressings, mixed with yoghurt or sour cream as dips, as a dry seasoning on popcorn and much more. They each come in 180g tubs and there are 8 tubs to a case.





# A l a r i a

( A l a r i a e s c u l e n t a )



## Description:

Alaria is a relative of the Japanese wakame seaweed. It is a light, fresh scented and mild flavoured seaweed. Alaria is rich in calcium and contains a wealth of vitamins, in particular Vitamin A and B vitamins. It is also a good source of dietary and soluble fibre. It is a brown seaweed, but once heated, this seaweed turns a vibrant green colour.

## Culinary Uses:

The natural texture of Alaria when fresh is slightly chewy. To soften, blanch with hot water, or gently simmer; pickle in vinegars for a nice seaweed pickle or blend in a food processor as a fresh addition to tapenades and hummus types dips.

## Season

February-May



## Product Information

# S e a L e t t u c e

*(Ulva lactuca)*

### Description:

A thin green algae rich in iron (15 times greater than egg yolk or spinach) and is also a rich source of iodine, calcium, aluminum, manganese, magnesium, sodium, potassium, copper, zinc, trace elements. In addition, sea lettuce contains 27% protein, which is comprised of all 9 essential amino acids.



### Culinary uses:

Sea lettuce is a versatile seaweed that can be eaten raw, pickled or cooked. It works well in making tapenades, hummus, pestos and salsas and in salads with a vinegary dressing. It is also a tasty and aesthetically pleasing addition to stir fries, and plated dishes.





# K e l p

*(Laminaria digitata)*



## Description

A brown seaweed rich in calcium and magnesium and with notable traces of manganese, copper, zinc, riboflavin, niacin, thiamine, vitamins A, B-12, B-6, and C is a highly nutritious and versatile ingredient. Kelp is the only source of natural vegetable Vitamin D.

## Culinary uses:

Kelp can be used to make dashi broths, sliced thinly to make an Asian- slaw and to wrap fish before cooking the fish to add flavour in the cooking process. Blanching helps to tenderise the kelp and turns it a vibrant green colour.

**Available fresh and dried.**

## Season

All Year



# S e a s p a g h e t t i

*(Himanthalia elongata)*



## **Description**

A brown seaweed particularly rich in magnesium as well as containing notable traces of other vitamins and minerals. Sea Spaghetti has a high sodium level and should be soaked in fresh water for 15-20 minutes before cooking.

## **Culinary uses:**

To cook with Sea Spaghetti, first soak it in fresh water for 15-20 minutes. Chop the Sea Spaghetti into manageable pieces and then place in a pot to bring to the boil and simmer in the hot water for approximately 30 minutes or until the Sea Spaghetti texture is al dente. Once cooked, the Sea Spaghetti can be used in pasta dishes or in salads for example, dressed in a mustard and basil vinaigrette.





## Baking with Sea Spaghetti:



Fresh Sea Spaghetti can also be used in baking breads, cakes and cookies. Simply blend the Sea Spaghetti in a food processor until it turns into a paste and the oils within the Sea Spaghetti are released. You can cut in half the oil/butter content called for in your baking recipe and substitute with the same quantity of milled Sea Spaghetti. The result will be very moist, filling and delicious (Sea Spaghetti enhances the flavours it is cooked with, for this reason you can also reduce the sugar content of your baking if you don't want it to taste too sweet).



**Sea spaghetti is available fresh and dried.**

### **Season**

April – November



# S e a G r a s s

*(Ulva intestinalis)*



## Description

This sea plant contains macro and trace elements of calcium, potassium, magnesium, and phosphorus and cobalt, copper, iron, manganese, nickel and zinc, respectively. It also contains relatively high proportions of polyunsaturated fatty acids, omega 3 and 6 oils.



## Culinary uses:

Sea grass can be eaten raw and cooked. Soak the Sea grass in fresh water for approximately 10-15 minutes to remove any debris. This particular seaweed can be sautéed or toasted in a hot pan with butter and a squeeze of lemon to make a lovely accompaniment to a range of dishes, including fish and cheese. It can be blended with butter to make a delicious accompaniment to fish and meat dishes.

## Season

May – October



## D i l l i s k / D u l s e

(*Palmaria palmata*)



### Description

Dillisk is yet another seaweed rich in vitamins, minerals and trace elements that are good for your health. It is excellent for bone health, the digestive system, lowering blood pressure, improving vision, and protecting the immune system. It has a rich, salty, mineral flavour and a tender texture.

### Culinary uses

Dillisk can be used fresh or dried. When dried and toasted, it takes on a smoky 'bacon'-like flavour. When used fresh it does not need to be blanched as it is already quite tender. It can be served as a sautéed vegetable as a side dish like sautéed spinach, added freshly chopped to salads, used in soups, mixed in with butter and added to salsas etc.

**Dillisk is available fresh and dried.**

### Season

November-June





# C a r r a g e e n M o s s

*(Chondrus crispus)*



## Description

Carrageen Moss has been used for generations as a traditional remedy for respiratory ailments.

## Culinary Uses

Carrageen Moss is typically used as a natural, vegetarian setting agent. Simmer in milk or water to extract the phycocolloid carrageenan to thicken foods for puddings, pannacottas, or to thicken soups and sauces.

**Carrageen Moss is available fresh and dried.**

## Season

All Year





# C h a n n e l w r a c k

(*Pelvetia canaliculata*)

## Description

A brown seaweed rich in omega 3 fatty acids EPA and DHA, important for reducing the risk factors of heart disease (high blood pressure and high cholesterol)



## Culinary uses:

This is one of the easier and more visually attractive seaweeds to cook with. Soak the Channel wrack in cold water for approx. 15 minutes. This seaweed can then be quickly blanched (i.e. put in boiling water and then removed and cooled in cold water for it to turn a vibrant green colour. Channel wrack can also be pickled in a vinegar dressing for a crunchier, textured bite.

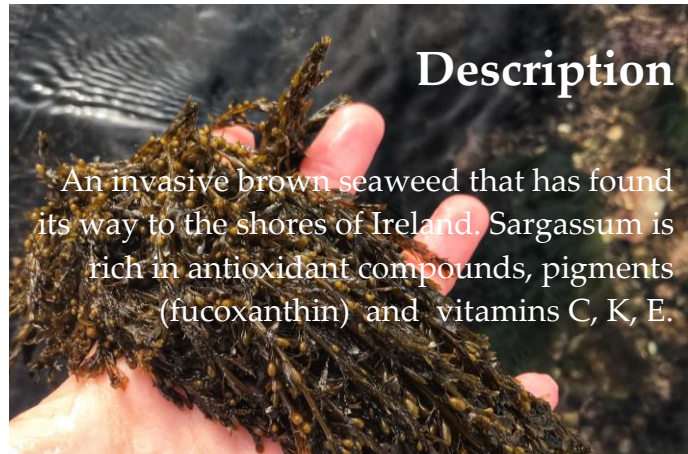
## Season

All Year



# S a r g a s s u m

*(Sargassum muticum)*



## Culinary uses:

Sargassum has a nice smoky flavour when dried and toasted and acts as a very good salt substitute. Can be added to dressings for an enhanced flavour, yoghurt/buttermilk/sour cream for a seasoned dip, coated on fish and meat for a smoky crumb. When used fresh its buds and leaves can be lightly pickled.

**Available fresh and dried.**

## Season

All Year







# Pepper Dulse

(*Osmundea pinnatifida*)  
(*Chondrus crispus*)



## Description

The pepper dulse has a very distinctive and complex flavour, popularly referred to as 'sea truffles'. It has a strong peppery, truffle and sea smell and taste.

## Culinary Uses

Always soak the pepper dulse in fresh water before use to remove any sand or grit from the sea vegetable. When dried, this seaweed tends to lose its characteristic smell and flavour. It works really well in butter and oil emulsions and broths.

### Season

January-June



# V e l v e t   H o r n

*(Codium tomentosum)*



## Description

This seaweed is felt-like to touch and has a chewy texture. It has a light refreshing sea smell with light floral notes.

## Culinary Uses

After soaking the velvet horn in fresh water, this seaweed can be served fresh in a salad with a light vinaigrette or can be patted dry to make a velvet horn tempura. It is quite a soft seaweed and does not dry well.

## Season

March - September





# Scurvy Grass

*Cochlearia officinalis*



Scurvy grass is a succulent sea herb and salt loving plant. It is not actually a grass, but is in the cabbage family. It has a mild spicy, wasabi flavour. It is a delicate looking plant, but packs a lot of flavour and is a surprising addition to any plate.

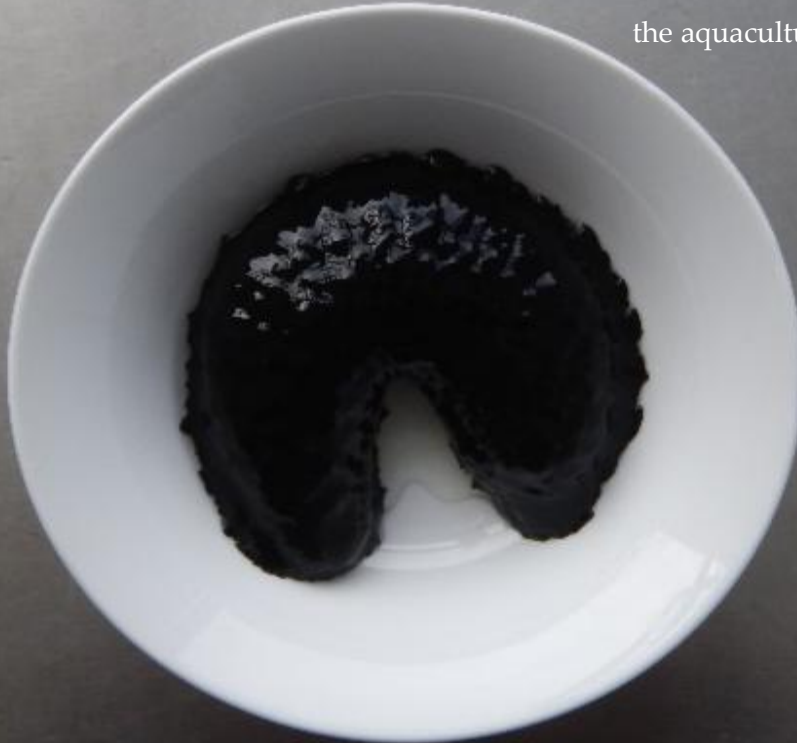


# S e a C u c u m b e r

(*Holothuria forskali*)

## Description

Sea cucumbers are marine invertebrates and are closely related to the sea urchins and starfish. Our sea cucumber feed on the detritus of seaweed and abalone that are grown on the aquaculture farm.



Sea cucumbers are a delicacy in Asian cultures and are prized for their nutritional and bioactive content and associated health benefits. Sea cucumbers are rich in vitamins, minerals, peptides, and lectins, and also contain unique molecules including chondroitin sulfates (with anti-inflammatory properties, good for joints). These unique compounds have been found to possess anti-microbial, anti-oxidant, anti-angiogenic, anti-inflammatory, immunomodulatory, and anti-tumor properties.

## Culinary uses:

Fresh Sea Cucumbers can be prepared by boiling the animal in green tea for approx. 40 minutes to break down its tough outer wall (the remaining water can be reserved as a stock for soups, broths and risottos). Then gut the Sea Cucumber by slicing it lengthwise down the middle. The Sea Cucumber can be cut into smaller pieces and coated in a batter and fried for a calamari style dish or sautéed in a tasty sauce and added to soups, broths, fries or risottos. Sea Cucumbers do not have a very strong taste but do have an interesting texture that absorbs flavour very well.

**Available fresh and shipped live and chilled.**

**Season: All Year**



# A b a l o n e

(*Haliotis discus hannai*)

## Description

A marine gastropod mollusc and a prized delicacy in cultures around the world, particularly in South East Asia. Our Abalone are fed a pure seaweed diet of Kelp, hand harvested from nearby the abalone farm in the West of Ireland. Abalone contains a number of bioactives with known anti-oxidant and anti-inflammatory effects.



## Culinary uses

The easiest way to prepare our abalone is to flash cook it in a very hot pan for approx. 30 seconds each side (or until a fork cuts through the muscle smoothly ) with a bit of butter and squeeze of lemon. Abalone can also be used in sushi dishes and the whole animal can be used to make an abalone broth. Because our abalone is fed a pure seaweed diet, the animal does not require pounding before cooking with it.



**Available fresh and shipped live and chilled.**

## Season

All Year





# s e a U r c h i n

(*Paracentrotus lividus*)



## Description

Sea urchins are echinoderms and they grow wild off the West coast of Ireland. Our sea urchins are wild caught and fattened up in our onshore tanks with freshly hand harvested Kelp for increased roe production and for easy access.

## Season

November – June  
(subject to availability)





**s e a U r c h i n**  
( *E c h i n u s e s c u l e n t u s* )



**Season**

November – June



## L i m p e t s

(*Patella vulgata*)



### Description

Limpets are marine gastropod molluscs. Our limpets are a combination of wild caught (origin Connemara, West of Ireland) and those that are naturally occurring on the aquaculture farm. They are fattened up in our onshore tanks with freshly hand harvested seaweed for easier access.

### Culinary uses

Soak the limpets in fresh water and salt to purge any sand or grit from the animals. Limpets can be grilled, boiled, steamed until the point where the meat falls out of its shell. Limpets can also be used to make a soup or sauce.

### Season

All year (subject to availability)



## Periwinkles

(*Littorina littorea*)



### Description

Periwinkles are marine gastropod molluscs. Our periwinkles are a combination of wild caught (origin Connemara, West of Ireland) and those that are naturally occurring on the aquaculture farm. They are fattened up in our onshore tanks with freshly hand harvested seaweed and naturally occurring algae for easier access.

### Culinary uses

Soak the periwinkles in fresh water and salt to purge any sand or grit from the animals. Steam in white wine and herbs and toss with olive oil or melted butter to serve.

### Season

All year





## About Us

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### About Mungo Murphy's Seaweed Co.

**Mungo Murphy's Seaweed Co.** is committed to sustainable aquaculture and to sustainable seaweed harvesting. The aquaculture farm, located in Rossaveel, Co. Galway in the West of Ireland is a land based recirculating aquaculture system, pumping fresh, filtered Atlantic sea water throughout the farm. The nutrient rich sea water from the abalone tanks is then passed through tanks growing sea lettuce and samphire before heading back out to sea. Our Sea Cucumber live at the bottom of the abalone tanks, keeping the tanks clean by absorbing the detritus that falls to the bottom.

Mungo Murphy's Seaweed is hand harvested by local traditional seaweed harvesters who have seaweed rights passed down for generations and our sea lettuce is grown on the abalone farm. This ensures that this wondrous, natural resource is not over exploited, and will remain intact for generations to come.





## Contact Us

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Please get in contact if you have any questions about our products, our wholesale prices, shipping or bulk orders.



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