



DEEP FRIED SEASHORE VEGETABLES WITH OYSTER MAYONNAISE

We are an island surrounded by sea and we are a bit shy about eating seaweed and seashore vegetables for some reason, although we don't think twice about putting sushi rolls in our shopping bags. Which is of course nori seaweed or laverbread—widely eaten in Wales with bacon and cockles and what a delicious combination it is. I have used it for years since discovering it.

I'm often seen on the estuary and beach gathering sea beet, sea purslane, sea aster etc and it naturally attracts passers by asking what I'm doing. I always tell them it's free extremely nutritious food and try it. All of the inshore seaweeds are good to eat and it's only some of the seaweed in very deep water that can be poisonous. Kelp or Kombo as it's called in Japan is used to make dashi and is high in natural MSG when most of us think it's a nasty chemical used in Asian food. But lots of foods have it like anchovies, mackerel, parmesan etc.

Anyway, back to seashore vegetables and seaweed and you will be pleasantly surprised by how tasty these little snacks are. They can be made from most seaweeds like bladderwrack, kelp, dulce, sea lettuce etc. Where can you get seaweed if you don't live by the sea you may ask. Well, a friendly fishmonger who has oysters may part with some as oysters are often packed with seaweed. Or, buy dried kelp from an Asian supermarket or online.



MARK HIX

If you enjoy foraging for ingredients for recipes like these, join Mark on one of his Hix & Wild days. Visit: markhix.co.uk/hix-and-wild/

INGREDIENTS

- 150g fresh seaweed, washed well or half the amount dried and soaked in water overnight
- 150g seashore vegetables, sea aster, sea purslane, sea beet, samphire etc, trimmed and washed
- 4 oysters, shucked and juices reserved
- 120g good quality mayonnaise
- 1 tbs chopped chervil
- Vegetable or corn oil for deep frying
- Sea salt flakes
- **For the batter**
- 100g gluten free self raising flour
- Cold water to mix
- Salt and freshly ground black pepper

Serves 4-6

DIRECTIONS

1. To make the oyster mayonnaise, put the oysters and their juice in a pan, bring to the boil and simmer for 30 seconds and remove from the heat. Blend the oysters and juice in a liquidiser with a third of the mayonnaise then transfer to a small bowl and mix in the rest of the mayonnaise and the chervil.
2. Preheat about 8cm of oil to 160-180°C in a large thick bottomed saucepan or electric deep fat fryer.
3. Meanwhile make the batter by whisking in enough water to make a light single cream type consistency then lightly season.
4. Ensure the sea vegetables and seaweed are dry then break it into bite sized pieces. If large then dip into the batter and fry a few pieces at a time for just under a minute until crisp.
5. Serve on a dish or plate with the oyster mayonnaise in a dipping bowl.