

Irish Moss Information & Recipes



How to work with Irish Moss

- Irish Moss should be kept dry in a bag or jar until ready for use. For best shelf life keep the dry moss refrigerated.
- To use: Soak a handful of Irish Moss in a glass jar for 3-5 hours in cool filtered water at room temperature. As an alternative, you can soak the moss in the refrigerator for up to 24 hours. The reason for the time allowance is that if the moss over-soaks, it loses its gelatinous quality and the recipes won't work.
- Hot water should never be used as it also removes the gelatinousness.
- Once the moss is soaked, rinse it very well in cold water to remove sand, debris, plastic netting bits, etc.
- Measure the moss by packing it into your measuring cup.
- About ¼ cup packed to 1 cup of water is a good base.
- To make a gel or gum (depends on amount of water used) blend on high until there are no lumps left in the moss and it looks like a translucent paste.
- Use the moss in smoothies, gravys, ice creams, milk shakes, soups, salad dressings, mashed no-tatoes, dehydrated tortilla wraps, veggie loafs, etc.
- **Chefs** please feel free to use any and all of the free recipes I've included. It would be most appreciated if you include my name and website when teaching and/or using these materials. Please direct all questions regarding moss recipes to ElainaLive@yahoo.com
- Pure Joy Planet.com is your source for wholesale and retail Irish Moss

Happy Mossing,

Elaina Love

www.purejoyplanet.com

Irish Moss GEL

¼ cup soaked, packed Irish Moss (moss should be soaked about 3 hours at room temperature or in the refrigerator then rinsed well).

1 cup filtered water

1. Blend on high until smooth and creamy. No lumps!
2. Store the paste in the refrigerator in a glass jar for up to 10 days and use in ice creams, gravy, veggie loaf, potatoes and more.

Irish Moss GUM

1 cup soaked Irish Moss (about 1/2 cup before soaking)
1/2 cup purified water

1. Begin by rinsing the Moss very well in water
2. Cover the moss in water in a large jar or bowl and let soak on the counter for 3 hours up to overnight rinsing well after soaking. The moss will get clearer and fatter the longer it is soaked. Rinse very well before using to remove the sea salt and dirt.
3. Blend the water and moss on high speed until smooth.
4. The paste will last in a glass jar in the refrigerator for up to 10 days.
5. Use it to thicken shakes, pies, puddings, etc.

Tips: Store unblended, soaked moss out of water in an airtight container for 2 weeks or more. Once it is made into a paste, it will last about 10 days.
Moss doubles to triples in size once soaked.

Butterscotch Pudding

2 cup soaked almonds or nut of choice
2 1/2 cups filtered water
3/4 cups Irish moss GUM
25 drops liquid stevia or to taste (toffee flavored as an option)
pinch of salt
1 tsp. butterscotch extract
1/3 cup agave nectar (or to taste)

1. Make an almond cream by blending the almonds with the water and straining through the Amazing Nut Milk Bag (www.purejoyplanet.com)
2. Blend almond cream with remainder of ingredients until smooth and creamy. It will still be thin. Refrigerate until it thickens (overnight)

Lemon Custard

1/4 cup packed soaked Irish Moss (1 oz. by weight after soaking)
1 1/2 cups nut milk and 1/2 cup soaked nuts (or 1 cup coconut flesh with 1 1/2 cups water)
1 tsp-Tbs. lemon zest
1/4 cup lemon juice
1/2 cup agave nectar or honey
7-10 drops lemon oil (see www.youngliving.com use my code: 506673)
1/8 tsp. turmeric
1/8 tsp. Himalayan salt crystals
1 tsp. vanilla extract or 2 vanilla beans

1. Soak the Irish Moss for at least 3 hours.
2. Blend the moss with the nut milk or coconut water until very smooth (This may take a minute or so).
3. Add the remainder of ingredients and blend again. Let set up in the refrigerator until smooth.

Creamy Almond/Nut Milk

Almonds are packed with calcium, fiber, folic acid, magnesium, potassium, riboflavin and Vitamin E (source: The Food Lover's Companion)

Adding Moss to your milk will fortify it with minerals as well as making it creamier

- 2 cups soaked almonds (1 1/4 cups before soaking)**
- 4 cups water**
- 1 tsp. vanilla (optional)**
- 1 small handful of soaked Irish Moss (about 2 Tbs.)**

1. Blend the nuts and water on high until well blended.
2. Pour through The Amazing Nut Milk Bag (available at purejoyplanet.com)
3. Squeeze the bag until all the liquid is released.
4. Add the Moss and blend again until smooth.
5. Store the milk in a glass jar in the refrigerator for up to 4 days.

Chocolate Dream Pie

Serves 8-10

Crust:

- ♥ **1 cup macadamia nuts**
- ♥ **1 cup dried, shredded coconut**
- ♥ **1/8 cup dates**
- ♥ **1/8 tsp. Himalayan salt crystals**
- ♥ **1/8 tsp. cayenne**
- ♥ **1Tbs. coconut oil**

Place all ingredients in a food processor and puree until smooth. Press into a pie plate and refrigerate until solid.

Chocolate Cream (use this as a pie filling, pudding or freeze for ice cream too)

- 1 cup Irish Moss GUM**
- 2 cups almond or any nut milk (see recipe)**
- 1/2 cup raw cacao or carob powder**
- 1 tsp. vanilla extract or 1 vanilla bean**
- 1/4 tsp. Himalayan Salt Crystals**
- 1 tsp. vanilla extract**
- 1 cup agave nectar (or to taste...you can cut back and add some stevia)**

1. Blend until smooth.
2. Pour into the pie crust and let firm up in the refrigerator for several hours.

Macadamia or Coconut Cream Topping

1 cup macadamia nuts or coconut flesh
1/2 cup nut milk
1/4 cup Irish Moss GEL
1 Tbs. coconut oil
1 tsp. vanilla or more to taste
1/4 cup agave nectar
large pinch of salt crystals

1. Blend on high until creamy.
2. Top the chocolate filling and make peaks with your spatula.
3. Refrigerate and let set up for 1 hour or overnight. Will last 3-4 days.

Strawberry Moss Shake

Recipe by Elaina Love

♥ **2 cups Brazil nut milk**
♥ **1/4-1/2 cup Irish Moss GEL**
♥ **1/2 cup Strawberries (frozen work best)**
♥ **1/4 cup agave nectar**
♥ **1 tsp. vanilla**

1. Blend on high until smooth. Kids love it!

Chef Elaina Love

Key Lime Pie

by Mathew Rogers (of Café Gratitude)
Serves 8-10

Crust:

- ♥ 2 cups macadamia nuts
- ♥ 2 cups pecans
- ♥ 2 pinches of salt
- ♥ 2-3 Tbs. date paste

Place all ingredients in a food processor and puree until smooth. Press into a pie plate and refrigerate until solid.

Filling

- 1 cup lime juice
- 1 tsp. green food (optional)
- 1 cup avocado-wet measurement (about 2 medium Haas)
- 1 1/2 cups coconut milk
- 1 cup agave nectar
- 3 Tbs. lecithin
- salt and vanilla to taste

1 cup unscented coconut oil (add after blended and blend again)

1. Make coconut milk by blending young coconut water with it's meat (about 1/2 cup coconut meat to 1 1/2 cups coconut water)
2. Blend until smooth.
3. Pour into the pie crust and let firm up in the refrigerator

Meringue topping

- ♥ 1 oz. (1/4 packed cup) soaked and washed Irish Moss (a small handful 1/2 cup water)
- ♥ 2 cups coconut milk
- ♥ 1/2 cup coconut meat
- ♥ 1/2 cup soaked cashews (or another 1/2 cup coconut meat)
- ♥ 6 Tbs. agave
- ♥ salt and vanilla to taste

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- ♥ 1 1/2 Tbs. lecithin
 - ♥ 1 cup coconut oil (unscented)

- ♥ Soak the moss for 30 minutes- 3 hours in purified water and rinse well and drain.
- ♥ Blend Irish moss and water for at least 30 seconds or until broken down.
- ♥ Add the rest of the ingredients except the lecithin and coconut oil and blend until well incorporated.
- ♥ While blending add the lecithin and coconut oil and continue until smooth and creamy.
- ♥ Pour into a bowl and refrigerate until it thickens and feels cold.
- ♥ This is enough meringue for topping about 2 pies, but it is versatile and can be used in many other things.

Vanilla Coconut Ice Cream

Recipe by Elaina Love

2 cups almonds
3 cups water
½ cup coconut oil
¼ packed cup Irish moss by weight after soaking 3-8 hours and rinsing well
1 cup agave nectar
¼ tsp. vanilla powder (or 1 vanilla bean)
2 tsp. vanilla extract
1/4 tsp. Himalayan salt crystals

1. Blend the almonds with water to make a thick almond cream. Strain the mixture through The Amazing Nut Milk Bag (www.purejoyplanet.com) and store the pulp for another recipe.
2. Blend 1 cup of the almond milk with the Irish Moss until very smooth.
3. Add the remainder of ingredients and blend until smooth.
4. Pour into a freezable container and let freeze overnight.
5. Let thaw about 15 minutes before serving.

Sun Light Loaf

Serves 4-8

Recipe by Elaina Love

2 cups soaked walnut (1 ¼ cup before soaking)
2 cups soaked sunflower seeds (1 cup before soaking)
3 stalks celery, chopped
1 jalepeno, chopped
1 ½ cups chopped zucchini
1 cup chopped green cabbage
¼ cup chopped parsley
1 tsp. Himalayan salt crystals
1 Tbs. dark miso paste
1 tsp. chopped dried or fresh rosemary
1 Tbs. onion powder
1 clove garlic
1 Tbs. tamari
½ cup Irish Moss GEL (see recipe)

1. Puree all ingredients until smooth.
2. Shape into a loaf on your dehydrator tray with a Teflon coated sheet underneath OR Freeze the batter into a loaf pan, then remove and slice after freezing
3. Turn the dehydrator on maximum for the first 2 hours
4. Lower to 115 degrees
5. Flip the loaf and remove the Teflon coated sheet
6. Continue to dry until the loaf is firm on the outside and somewhat moist on the inside (about 12 hours total).
7. Serve with Ravey Gravy (see recipe)

Chef Elaina Love

Mashed No-tatoes

Makes 2-4 servings

Recipe by Elaina Love

2 1/4 cups peeled and chopped celery root (about 1 medium) or parsnips, jicama or cauliflower

1/4 cup macadamia nuts (or pine nuts or cashews)

1 Tbs. white miso paste

1 tsp. onion powder

1 tsp. nutritional yeast

3/4 tsp. Himalayan salt crystals

1/4 cup Irish Moss GEL (see recipe)

1/3 cup water (more or less as necessary)

1. Blend on high until creamy and warm.
2. Serve with Ravey Gravy (see recipe)

Ravey Gravy

Recipe by Elaina Love

7 Brazil nuts (or other soaked nut of choice)

1 Tbs. pumpkin seed oil (or oil of choice)

1/2 cup Irish Moss GEL (see recipe)

1/4 cup water

1 1/2 cup peeled and chopped zucchini

1/4 tsp. Himalayan salt crystals

2 Tbs. dark miso paste

1/2 tsp. garlic powder

1/2 tsp. nutritional yeast

1/8 tsp. black pepper (optional)

1/8 tsp. celery seed

1/2 tsp. paprika

1/2 tsp. onion powder

1/2 tsp. dried or fresh rosemary

1/2 tsp. apple cider vinegar or 1 tsp. lemon juice

1. Blend on high until smooth.
2. Serve over No-tatoes and SunLight loaf
3. Store in a jar for up to a week in the refrigerator

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IRISH MOSS is a red seaweed that contains trace amounts of several minerals plus amino acids and mineral salts. It grows on rocks, in rock pools in the lower intertidal and shallow subtidal zones. It is attached to the rock bed by means of a holdfast and can grow up to 150 mm in length, Irish moss is dark reddish brown in color and often appears beautifully iridescent in sunny weather. It is sun dried and sun bleached.

It provides excellent sources of calcium, magnesium, sodium and iodine (essential to normal thyroid function). It is used to increase the metabolic rate and strengthen connective tissues, including the hair, skin and nails.

Irish moss contains mucilaginous compounds that enhance the detoxifying and eliminative functions of the digestive system.

It has long been recognized for its ability to cure and abate the symptoms of colds and flu, thus the eating of Irish moss forms an effective barrier to the ills of winter. Irish moss contains potassium chloride, this chemical helps to dissolve catharrs, which are responsible for the congestion associated with chesty coughs. It also contains several natural antimicrobial and anti viral agents which not only prevents colds and flu's, but Irish moss is reported to eradicate a wide range of infections in sufferers, reducing valuable time lost to the ills we all encounter every day. The respiratory ailments Irish moss has been reported to alleviate include, sore throats, bronchitis and pneumonia, there are even reports that indicate Irish moss exhibited activity against tuberculosis.

As with dulse, Irish moss contains significant amounts of iodine, the thyroid gland exhibits a requirement for this ion, thus iodine is required for proper gland function, thus induce a change in the glandular system from disease to health. Iodine plays an important role in our ability to fight disease. Germs can gain access to the blood through cuts in the skin, through the nasal membranes and throat passages, or via the intestinal tract, or practically anywhere there is a rich supply blood close to an external surface. Iodine has a limited antimicrobial role, as blood circulates through the body it passes through the thyroid gland; iodine is secreted in to the blood stream through the thyroid, where it kills many of the weaker germs, whilst weakening some of the stronger germs. Iodine also has other functions in the body, e.g. it aids in the release of tension, especially nervous tension, which enhances the overall sense of well being.

Due to the strongly alkaline nature of Irish moss, has led to this sea vegetables use in the relief and cure of many diseases. This fact has led to the use of Irish moss in the relief of the rigors of the day after excessive alcohol consumption (i.e. the hangover) it replaces much of the ion content that is leached from the body as a consequence of the dehydrative effect attributed to the consumption of alcohol. (Especially noteworthy during the holiday season).

Chef Elaina Love

Calcium phosphate, and the phosphates of potassium, sodium and magnesium are required by the cells of the brain, liver, flesh and bones. Calcium phosphate salts form the major insoluble inorganic component of the bone, so intake of this salt can aid bone integrity and keep teeth strong and healthy.

Other ailments Irish moss is reported to be effective against, cancer and radiation poisoning (possibly because of the iodine content of Irish moss), it is an antitussive, an alterative, effective against halitosis, the formation varicose veins, inflammation, against dysentery and Irish moss has been applied as an emollient. As a gelatinous substance Irish moss has been used to treat peptic and duodenal ulcers and to inhibit arteriosclerosis and therefore, hypertension, it protects from fat and cholesterol build up. Irish moss has a well documented anticoagulant effect on the blood, and clears up many bladder complaints.

Irish moss is truly a treasure of the sea.