

SEAWEED SOUP

Ingredients

Sloke
Bicarbonate of soda
Milk
Pepper, vinegar, lemon juice, butter

Method

Gather sloke on the rocks and wash in cold water till the salt and sand are removed. If the seaweed is allowed to steep for a few hours in cold water to which a little bicarbonate of soda has been added it will lose some of the bitterness. Stew it in milk, rubbing it hard now and then with a wooden spoon or potato-beater, until it becomes tender and mucilaginous. Strain if desired, or serve the weed in the blee. Pepper, vinegar or lemon juice, and butter may be added according to taste.

Sloke, when thoroughly boiled, becomes a dark green. When cold it can be stored in earthenware jars. It will keep good for two or three weeks. In fashionable circles sloke used to be highly esteemed as “marine sauce”