
Monostroma (various species)

Taiwanese fisherman's soup

4 TO 6 SERVINGS

In rural coastal areas, fishermen cook with a great variety of sea vegetables. Seasonally available algae is popped into the cooking pot and boiled up with the day's catch of fish.

1 cup fresh young sea vegetable fronds
2 quarts cold water
1 pound fresh fish, split
¼ teaspoon crushed red peppers
¼ cup dry white wine

Substitutes

Porphyra (various species)

Nemacystus decipiens

Mozuku in miso soup

4 SERVINGS

*Fresh mozuku is available lightly brined and vacuum packed (imported from Japan) in Japanese markets. Futo (thick) mozuku is sometimes available in stores. Though a different species (*Tinocladia crassa*), it is just as tasty as mozuku.*

2 cups fresh mozuku
4 raw egg yolks
2 tablespoons rice wine
2 tablespoons soy sauce
4 tablespoons miso
4 cups boiling water

Substitute

Nemalion helminthoides

- Open the package over a strainer or colander and drain the brined mozuku.
- Divide the mozuku evenly among 4 soup bowls. Carefully place a raw egg yolk on each mound of sea vegetable.
- Add the rice wine, soy sauce, and miso to 4 cups boiling water. Pour over the sea vegetables.