

Laminaria (various species)

Fried sweet kelp chips

16 cups fresh kelp fronds

Laminaria, gathered and sold commercially in North America, is often labeled kombu. The thinner, more delicate species are delicious prepared this way.

- Dried Laminaria may be fried in oil as is, without soaking in water. Just cut the large fronds into squares or rectangles of about 1 inch by 2 inches and fry in peanut oil, a few at a time. Remove to an absorbent paper towel.
- Sprinkle with raw sugar. Serve.

Substitutes

Pleurophycus gardneri
Laminaria saccharina

Monostroma (various species)

Shanghai spring rolls

ABOUT 18 SPRING ROLLS

For an even more delicious flavor, the Thais heat the hot chili oil with some ground peanuts. Guests then turn the 1-inch rounds on edge and fill each with a teaspoon of hot peanut sauce.

Spring roll skins are also known as Shanghai-type spring roll skins and are available in some Oriental markets in 1-pound packages. Substitutes: Lumpia skins, available in Philippine markets, may be substituted. Egg roll skins may also be substituted, but they are much thicker.

Substitutes

Enteromorpha (various species)