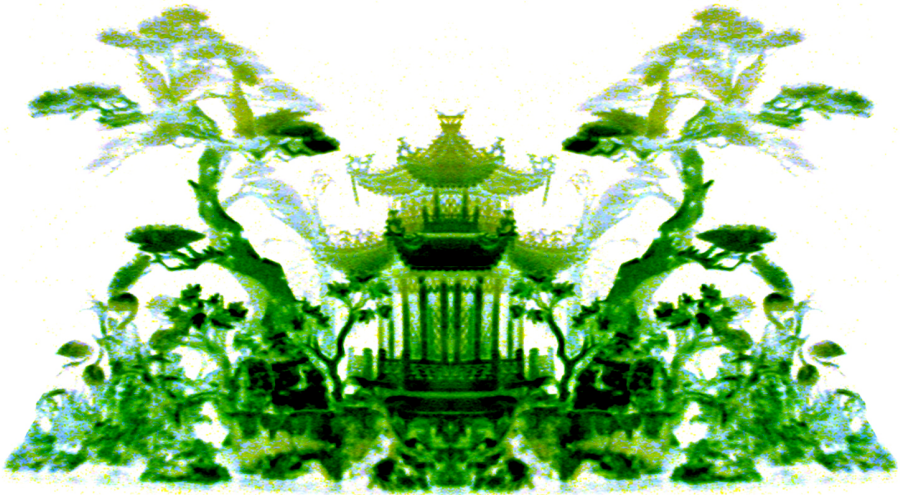


Simply Gourmet!

THE
SEAWEED
JELLY-DIET
COOKBOOK
GUIDE



Discover the Secrets to
Savory Flavors, Creamy Textures,
and Nutritional Weight Loss -
Naturally!

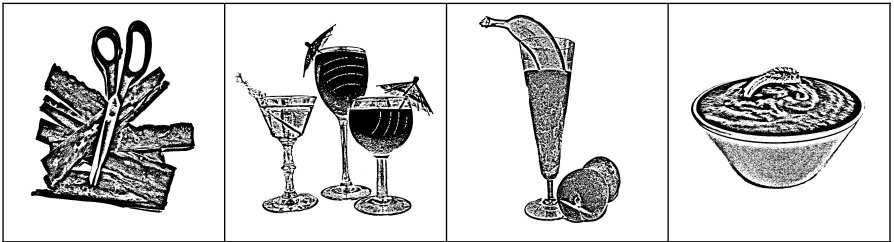
CLAYTEN TYLOR

THE
SEAWEED
JELLY-DIET
COOKBOOK
GUIDE



Simply Gourmet!

T H E
S E A W E E D
J E L L Y - D I E T
C O O K B O O K
G U I D E



Discover the Secrets to
Savory Flavors, Creamy Textures,
and Nutritional Weight Loss -
Naturally!

C L A Y T E N T Y L O R

Tylor, Clayton

The Seaweed Jelly-Diet Cookbook Guide:
Discover the Secrets to
Savory Flavors, Creamy Textures,
and Nutritional Weight Loss -
Naturally!

Forth Edition - Oct. 2022

ISBN 978-1-4357-3796-9

1. Diet. 2. Cookery (Marine algae). 3. Title.

**Copyright © 2008
by Clayton Tylor.**

All rights reserved.

No portion of this book except for brief review, may be reproduced, stored in a retrieval system, or transmitted in any form or by any means – electronic, mechanical, photocopying, recording, or otherwise – without the written permission of the publisher.

Cover photos, pictures, and book design by Clayton Tylor

The Table of Contents

The Acknowledgment	viii
The Introduction	1
Where I Am Coming From	1
About this Book	2
Seaweed Preparation: Recipes	3
1 Chapter One: About Seaweed	5
About Seaweed	7
Seaweed Species Classification	7
Seaweed Extract Processing	8
Chemical Extracts Processed from Seaweed	9
Health Benefits of Eating Unprocessed Seaweed Jelly	10
2 Chapter Two: Weight Loss Liquid Diet	11
About The Weight Loss Diet	13
Dried Seaweed Cooking Guide	14
Brown Seaweed Water-Based Liquid Recipe	15
Green Seaweed Water-Based Liquid Recipe	16
- Fasting Recipes	17
- Juice Shakes Recipes	18
- Milk Shakes Recipes	19
3 Chapter Three: the Nutritional Jelly Diet	21
About The Nutritional Jelly Diet	23
Brown Seaweed Water-Based Jelly Recipe	25
Green Seaweed Water-Based Jelly Recipe	26
- Soups	27
- Cream Soups	30
- Salad Dressings	33
- Main Dishes	34
- Baking	35

- Desserts	36
4 Chapter Four: the Water-Based Seaweed Paste	37
About the Brown Seaweed Water-Based Paste	39
Brown & Green Seaweed Water-Based Paste Recipe	40
- Small Dishes	41
- Dips	44
- Jams & Jelly	45
- Sauces	46
- Baking	47
5 Chapter Five: the Milk-Based Brown Seaweed Paste	55
About the Milk-Based Seaweed Paste	57
The Milk-Based Seaweed Paste Recipe	58
- Desserts	59
- Yogurt-Based Dips	61
- Baking	62
- Sauces and Toppings	63
- Frozen Desserts	64
6 Chapter Six: the Oil-Based Brown Seaweed Paste	65
About the Oil-Based Seaweed Paste	67
Oil-Based Seaweed Paste Recipe	68
- Small Dishes	69
- Sauces	71
- Pates & Spreads	73
- Baking	74
7 Chapter Six: the Sweetener-Based Seaweed Paste	77
About the Sweetener-Based Seaweed Paste	79
Sweetener-Based Seaweed Paste Recipe	80
- Sauces	81
- Jam & Fruit Compote	82
- Candies & Toppings	83

- Baking	84
8 Chapter Eight: Frozen Oil-Based Seaweed Paste	85
About the Frozen Oil-Based Seaweed Paste	87
Frozen Oil-Based Seaweed Paste Recipe	88
- Pates	89
- Spreads & Dips	90
- Baking	91
9 Chapter Nine: the Raw Seaweed Diet	93
About the Raw Seaweed Diet	95
Raw Seaweed Liquid, Jelly, and Paste Recipe	96
- Raw Dressings	97
- Raw Smoothies	98
- Raw Spreads	99
- Raw Salads	100
10 Chapter Ten: the Texturing Techniques	101
About the Seaweed Texturing Techniques	103
Seaweed Texturing Recipe	104
- Ground Recipes	105
- Grated Recipes	106
11 Chapter Eleven: Alcohol Drinks	107
About the Seaweed & Alcohol Cocktails	109
Brown Seaweed Alcohol Jelly Recipe	110
- Sweetener-Based Jelly Recipes	111
- Milk-Based Jelly Recipes	113
- Water-Based Jelly Recipes	114
12 Chapter Twelve: Help End World Hunger	115
How You Can Help	117
Index	119
Bibliography	121
Nutritional Charts	123

The Acknowledgment

Originally, I was writing an astrological weight-loss diet, which uses specific visualization techniques in conjunction with the cycle of the Moon. I wanted a substitute for food that I could recommend to use in conjunction with the diet, which would quickly satisfy the food cravings so that the emotions connected with eating could be examined from a spiritual perspective.

Therefore, for this sidetrack into the realm of seaweed, I would like to acknowledge my angels; for without the help of some unknown force, I would never have discovered these delicious seaweed jelly formulas, and created an entirely new, *gourmet* seaweed-cuisine.

The Introduction

Where I Am Coming From

In my twenties, I worked in the grocery department of Harrods in London where I was introduced to everything from strawberries the size of peaches, to decadent frozen desserts catering to the very rich. It was there that my *curiosity* about food really began.

In my thirties, I owned a 132 seat fine-dining restaurant for ten years. It included the bar and catering concessions in the attached two civic theaters, which catered to an opera and ballet clientele. The restaurant ran full-tilt, lunch, dinner, and after-theater, and it was there where I learned to *love* simply-prepared gourmet food.

In my forties, I began to see a correspondence between the digestive system and the intellectual faculty, and that they mutually act and react upon each other. To trace the source of a headache or a food allergy was often an impossible task. However, I soon discovered that thinking differently about good nutrition was the key.

In the past, something that tasted delicious and creamy, most likely was more expensive, and laden with fat and calories. With the seaweed jelly formulas, you will enjoy your favorite recipes even more, knowing that they will be less expensive, yet more nutritious and delicious.

Welcome to the Yummy Diet!

About this Book

How This Book Came About

It all started several years ago when I cooked my first seaweed; I tried steaming, frying, baking, and broiling, and it tasted so bad that I blended it with bananas and sweeteners just to hide the taste.

I continued to experiment. One day I was making pumpkin cookies and decided to substitute a thick seaweed *jelly* instead of the canned pumpkin, and they turned out to be the fluffiest cookies I had ever tasted!





I started using different puréed seaweed consistencies, and adding them to every recipe. They were the best *thickeners* you could ever want in a recipe! I tried the seaweed jelly with cranberry sauce; just cranberries, seaweed jelly, and honey; simply delicious! On came the jams; just think, natural jams without pectin and sugar, and a third consistency was born – a thick *paste*.

With the thick *paste* came the recipe for pancakes; the paste even worked in ground beef patties – it made them thicker and juicier. On came the dessert recipes; creations like date squares, banana bread, and carrot cake.

By now, the texture had become incredibly smooth, and the taste was bland enough to drink. Therefore, I turned to experimenting with a liquid consistency, and incorporated it into a meal-replacement plan. By fasting with hot lemon water and seaweed jelly, I immediately saw the effects – and the perfect weight loss guide began to emerge.

I continued to perfect the seaweed jelly; I read the patent documents for chemically processed seaweed extracts, and I began to wash and separate the extracts from the seaweed without chemicals. I then began to freeze, grate, and grind, discovering unique textures to use in place of oils, eggs, and fats, thereby reducing calories and fat in recipes, without any loss of taste. In fact, the seaweed jelly makes everything taste better!

During the year and a half of researching and writing this book, I lived on a very small food budget; but just imagine, sweet potato jam, or tomato ice cream? When you allow your imagination and creativity to direct your nutrition, a door to a new world of eating opens. Step inside, and see!

<i>Seaweed Preparation: Recipes</i>			
	<i>LIQUID</i>	<i>JELLY</i>	<i>PASTE</i>
			
Water as a Base:	<i>Beverages</i>	<i>Soups, Dips</i>	<i>Dressings, Sauces</i>
Frozen:	<i>Popsicle</i>	<i>Sherbets</i>	<i>Baking</i>
Oil/Butter as a Base:	<i>Sautéing</i>	<i>Whipped Butter</i>	<i>Baking, Pesto</i>
Frozen:	<i>Sauces</i>	<i>Oil Substitute</i>	<i>Spreads,</i>
Milk as a Base:	<i>Smoothies</i>	<i>Puddings</i>	<i>Dessert Topping</i>
Frozen:	<i>Ice Cream</i>	<i>Baking</i>	<i>Puddings</i>
Sweetener as a Base:	<i>Confections</i>	<i>Jams, Jellies</i>	<i>Candy, Pastries</i>
Frozen:	<i>Power Bars</i>	<i>Chocolates</i>	<i>Fudge</i>

Seaweed Preparation: Recipe Classifications

The seaweed preparation recipes use three different consistencies:

- 1) *Liquid*
- 2) *Jelly*
- 3) *Paste*

It is easier to get a smoother consistency when you are adding a liquid consistency to another liquid, such as a jelly to a soup, or a paste to a sauce. In this way, mixing similar consistencies creates smoother textures. In this case, the liquid is best for the weight loss shakes, the jelly for soups or dips, and the paste for spreads, baking, and frozen desserts.

The seaweed recipes also use four different bases. By using one of these four bases, you can change any recipe to include seaweed jelly.

- 1) *Water*
- 2) *Oil*
- 3) *Milk*
- 4) *Sweetener*

To prepare the different seaweed consistencies requires a blender. Some recipes, such as the paste consistency, requires less water than is generally

possible to blend in a blender. Therefore, you will need to be good at moving a spatula down the inside wall of a blender, otherwise, stick with the liquid and jelly recipe consistencies.

Calcium & Potassium as additional Thickeners

In addition, puréed seaweed thickens differently with different foods. It becomes creamier when you add milk (because of the calcium), and smoother when you add bananas (because of the potassium).

The Taste Test

Before you discount seaweed as tasting bad, know that it is about layering the flavors, not just hiding the seaweed taste. After you make the seaweed liquid, take a small amount in a cup of water or herbal tea, add some honey or some sweetener, then stir, and enjoy.

If it is still not perfect, add another layer, add milk. When you understand seaweed jelly has the ability to layer taste and absorb flavors, you will discover how to flavor it for yourself. In making your own recipes, the seaweed taste disappears and all the flavors become united, and transformed.

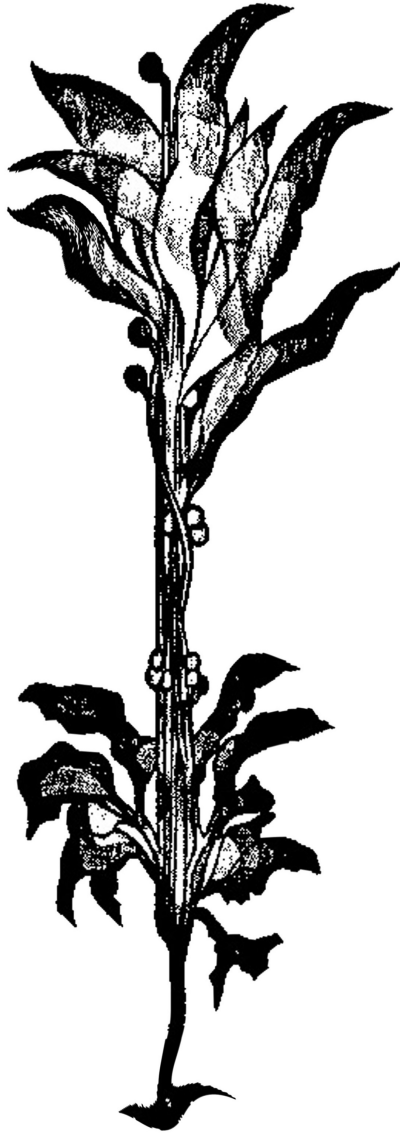
About the Spiritual Quotes

Eating cake on your birthday can have a very special meaning – but not because of the *ingredients* in the cake – but their *deeper* spiritual *significance*. In fact all food has an esoteric meaning which can be measured by its water content or its spiritual light vibration and thereby its goodness.

For this book, we will focus on seaweed as a nutritional food source; and for a more esoteric meaning about seaweed's extremely high light vibration and water content, we will have to wait for another book. Nevertheless, I have chosen some spiritual food-related quotes by Emanuel Swedenborg, as I feel it is important to examine the deeper spiritual truths behind the meaning of natural food; because by spiritual correspondence, natural food corresponds to some of the highest levels of spiritual love.

Enjoy!

Chapter One: About Seaweed



About Seaweed



*“Green, or
flourishing,
signifies
what is
alive.”*

- Swedenborg (A.R. 401).

About Seaweed

Seaweeds are a family of about 65,000 living species – a hundred or so, eaten by man. They are scattered in 8% of the total ocean’s habitat, however, sustainable seaweed farming is offering unique new environments where some seaweed species have adapted well to hanging-out – therefore making them more sustainable, and more widely available.

Seaweed are unicellular organisms, also known as single-celled organisms, which I imagine have worlds of vibrating activity going on within them, for they supply oxygen, carbohydrates, fats, and proteins for other living creatures. Seaweeds are considered the ‘oldest’ living form on earth.

Seaweed Species Classifications

You can differentiate between the seaweed species by their color – red, brown, green, and blue-green. Their color is determined by the amount of sunlight that reaches them.

The brown seaweed or kelp, loves the deepest depth of the ocean, where they live with about 1,000 species. The green seaweeds prefer a little less deep ocean depth where they are about 5,000 different species. The red seaweed likes to live closer to the surface and includes about 2,500 different species. (This book does not include any recipes for the red seaweeds). The blue-green algae, also know as spirulina, or chlorella (not covered in this book) comprises unknown thousands of species.

Each species of Seaweed also has a Latin name; however, for our purpose we will focus on seaweeds that are either brown (Kelp) or green. Nevertheless, I have included a list of the Latin names of the more common brown seaweeds, to help you determine your own local variety of Kelp.

Latin Names: Brown Seaweed

<p><i>Alaria Esculenta</i> <i>Ascophyllum nodosum</i> <i>Bifurcaria bifurcata</i> <i>Carpomitra costata</i> <i>Cladostephus spongiosus</i> <i>Colpomenia peregrina</i> <i>Colpomenia sinuosa</i> <i>Cutleria multifida</i> <i>Cystoseira abies-marina</i> <i>Cystoseira compressa</i> <i>Cystoseira discors</i></p>	<p><i>Cystoseira usneoides</i> <i>Dictyopteris membranacea</i> <i>Dictyota dichotoma</i> <i>Fucus spiralis</i> <i>Fucus serratus</i> <i>Fucus vesiculosus</i> <i>Halidrys siliquosa</i> <i>Halopteris scoparia</i> <i>Halopteris filicina</i> <i>Laminaria agardhii</i> <i>Laminaria saccharina</i></p>	<p><i>Laminaria digitata</i> <i>Laminaria japonica</i> <i>Laminaria longicuris</i> <i>Padina pavonica</i> <i>Pelvetia caniculata</i> <i>Phyllariopsis purpurascens</i> <i>Saccorbiza polyschides</i> <i>Sargassum vulgare</i> <i>Sargassum muticum</i> <i>Sporochnus pedunculatus</i> <i>Zonaria tournefortii</i></p>
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Seaweed Extract Processing

Seaweed is the only natural *plant* source for gelling and emulsifying agents. The patented processes for extracting these gelling-agents date back to 1922. These patents read like alchemical doctrines, probably to disguise the simplicity of the process, which discards the whole-green fiber.

The old patented seaweed extraction process adds chemicals to clean and whiten the seaweed, and then heat or cold to simplify the separation process. These processed seaweed extracts require strict approval by the food and drug administration, but then are classified as patented processes and the chemicals used do not have to be listed on the ingredient label.

The process for commercially removing the extracts from the seaweed in large volume also requires a lot of water and power; and considering the rising costs of power and water consumption, these extracts will soon be unaffordable; imagine a cake mix costing ten times more, or twenty dollars for an ice-cream cone?

The point is, seaweed in its natural form is inexpensive and the perfect food additive, because it replaces the taste of high fat without compromising texture – in fact better!

Chemical Extracts Processed From Seaweed

If you have food sensitivities, it is time to kick the processed food additives, and start eating seaweed jelly – the perfect unprocessed flavor-enhancing food additive!

There are *three* main types of gelatinous substances extracted from seaweed used to add texture and creaminess to most commercially processed foods: agar, carrageenan, and alginates.

Seaweed contains natural sugars, such as sorbitol, which is in red seaweed, and mannitol, which is in brown seaweed, as well as concentrated natural mono sodium glutamate (MSG), all of which are used extensively in the fast-food industry.

(Personally, I have sensitivity to all of these processed extracts – but not in their naturally occurring state, as in the unprocessed natural seaweed jelly formulas).

Agar or Kanten Extract:

Agar gels are used for thickening in icings, meringues, pie fillings, and fruit candies, because of the high sugar content, which actually strengthens the gel. Agar is boiled and cooled to form a gel, and can be repeatedly frozen and melted.

There are several grades of agar depending on their gelling power. Some are for use in the microbiological industry in bacterial experiments, and others in the pharmaceutical industry as a laxative.

Carrageenan Extract:

Carrageenan suspends and thickens foods such as chocolate milk, and ready to eat desserts. It is already in toothpaste, infant formulas, cooked flans, cold puddings, and suspends fruit in fruit yogurt.

Alginate Extracts:

Alginates are also called, propylene-glycerol alginate. It is an emulsifier, stabilizer, and thickener. Most commonly used in ice cream, cake mixes, milk desserts, syrups, toppings for ice cream, mayonnaise, salad dressings, and fruit drinks.

In beer, alginates are used to regulate the amount of beer foam. In the pharmaceutical industry, they are used as medical dressings, hair shampoos, and in agriculture as fertilizer. Also used in textile printing.

Sorbitol & Mannitol Extracts:

These are sugar extracts, used in the manufacturing of chewing gum, paper manufacturing, and sugar-free diet products.

Mono Sodium Glutamate (MSG) Extract:

This is a flavor-enhancer and meat tenderizer, used in commercial soup bases, canned foods, dried noodle-mixes, etc.

Health Benefits of Eating Unprocessed Seaweed Jelly

There are numerous health benefits from eating unprocessed seaweed jelly. The Asian cultures have known about it for centuries and the origins of eating a seaweed jelly dates back 1200 years. The benefits of eating seaweed as a whole-green jelly, does not compare with other ways of cooking and eating seaweed.

The problem with the research is that every other form of seaweed, such as dried, toasted, sugared, powdered, or pill form, has been studied. But not much research is available yet on seaweed prepared as a jelly (now that we all have blenders).

Some benefits of seaweed powders and tablets include boosting the immune system. Some say kelp seaweed can help in protecting against thyroid cancer and other cancers; or that it decreases high blood sugar and cholesterol levels, as well as detoxify the body from heavy metals, radioactive elements, free radicals, and toxins. You be the judge!

But seaweed jelly can help in weight loss by improving the function of the gastrointestinal tract by adding fiber to your diet. Also, the high iodine content balances the thyroid function and improves the structure of hair, nails, and helps them to grow.

Seaweed jelly contains calcium, sodium, and magnesium, iodine, phosphorus, iron, zinc, and trace minerals. It is a complete protein and contains all of the essential amino acids.

It contains more of the vitamins A, B1, B2, B5, B12, and C, folic acid, and niacin than *land* vegetables and fresh fruit – plus significant amounts of Vitamin K, E, and D.

And, when you consider Seaweed's high light vibration and water content, then it is hard to argue the benefits of having more whole green seaweed fiber in our diet.

Seaweed has been used for thousands of years for its thickening and flavor enhancing nutritional content. Yet, that secret has been kept hidden from the Western world, which has a high use of food additives that are all chemically extracted from seaweed.

The combination of an inexpensive whole green fiber, and a Simply Gourmet naturally-occurring, taste-enhancing jelly makes the perfect chef's companion. It is essential key when designing any individual diet, tasty meal plan, or future food that can help end world hunger.

Chapter Two: Weight Loss Diet



The Diet to End World Hunger!

A Cookbook Guide for the Western Chef.

Forget everything you know about seaweed. This cookbook guide explains how to prepare dried seaweed into the perfect weight loss, and nutritional flavor-enhancing food additive.

Learn to make seaweed into a tasteless inexpensive nutritious weight loss liquid, for shakes, teas, and frozen cocktails; or a nutritional taste-enhancing jelly, for soups, dips, and stews; or a rich fat-free seaweed paste, which adds creamy textures to cakes, puddings, and breads.

Seaweed jelly allows you to thicken and improve the texture of all foods. It enables you to mix oil and water, lemon and milk, even milk and oil, all into a smooth rich consistency, instantly.

The seaweed recipes explain how seaweed jelly reacts with different foods so that you can convert your own recipes to include seaweed jelly - and replace high fat with improved taste and nutrition.

Seaweed Jelly used as a food-extender will revolutionize the fast-food industry, for it makes your recipes less expensive and more nutritious.

Clayten is a retired Certified Esoteric Astrologer, Numerologist and Mystic. His other interests are Spiritual Healing, Occult Psychology, Metaphysics, Sacred Science, Mystical Qabalah, Color Therapy, Spirituality, Trans-personal Religious experiences; and is an avid Swedenborg enthusiast.

