

Tasty practical activity!

Try out the skills The Cornish Seaweed Company use for preparing their produce.



Make a tasty healthy snack at home with this simple recipe! This is actually very similar to a scientific process called desiccation, where all moisture is removed and is dried out.

Ingredients:

- 1 large head cabbage
- Sprinkling of grated Parmesan or Hard cheese
- 2 tbsp. olive oil
- Black Pepper
- Salt

Method:

1. Preheat your oven to 250°C.
2. Get 2 baking trays with wire racks inside.
3. Rip the cabbage leaves into smaller sections, approx. 15cm x 10cm.
4. Mix and toss the leaves with the parmesan and oil and then add the seasoning.
5. Place them on the wire racks one layer deep.
6. Bake until crispy and golden for 30 to 40 mins.