

## PRIZE WINNING KELP RECIPE

*MacroPods* - Serves: 10 pods (5 people).

### Ingredients:

- *Macrocystis pyrifera* kelp blades - 5-6 blades (depending on size/shape of blades)
- "Caramilk" Chocolate Bar - 2 x 100g bars
- Buttered popcorn - 1 microwave-sized packet
- Dark chocolate - 1 x 100g bar
- Sea salt or himalayan rock salt - 1 tsp.
- Lightly Salted butter - 1tsp

### Recipe:

1. Cut *Macrocystis* blades into ~2-3 x 0.5-1 inch strips, lightly salt and heat in oven or over fire @250C until dark green and partially crisped. Flip blades over to check even heating. 2. Melt Caramilk/caramel until liquid. 3. Dip each popped kernel in the melted caramel, and attach it to the blade of *Macrocystis* (~5-6 kernels per blade) so that the caramel is holding the popcorn to the kelp. 4. Melt the dark chocolate, drizzle over the top of the Macropods, and lightly salt again. 5. Enjoy!