

DELICACIES FROM NATURE

SEA KALE

Edible wild plants VLOG
Dishes with history & recipes



www.1life4outdoor.com



Meals with History

OR 'TRADITIONAL
REGIONAL CUISINE'

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Recipe Sea kale à la asparagus

As an old regional recipe in England, the later shoots of the sea kale are still eaten as an asparagus substitute to this day. The stalk is cut into bite-sized pieces and then boiled in seawater for 10 min. The flavor is sweet and broccoli-like.

It was also served at the Royal Pavilion in Brighton, when Prince Regent George IV of the United Kingdom (1762-1830) used it as a seaside retreat. Served with bäschemmel or melted butter, salt and pepper.



General

Due to recent replies, I would like to make clear in the beginning that this site is not vegan. These are very old regional, original recipes, where people were hungry. Mass livestock production and nature preservation still did not matter. People were not hip nor fancy, they were hungry!

If they had a vegan diet, than, they would have run out of vitamin B12 deficiency, because a doctor with the repeated vitamin syringe was non-existent, or a lack of creatine would have made her brains "mushy" (IQ-decline), which still can be seen today!

And of course, everyone has to gather information about the specific destination of the country / area before collecting any plant. I'm sorry I overestimated even educated people. Anyway in the wake of the decline in quality veggies etc. self-picked wild plants, wild food foraging have become popular for everyday salads or even as delicacies from nature among nature lovers, hikers, foodies, slow food, food for grunts, and outdoor fanatics, not to mention ambitious amateur chefs in the comfort of their own kitchens, too looking for old recipes or originally regional recipes. I myself am survival specialist on long lasting expeditions and scientist and survived about 90 days on those diet and an expedition to the Arctic Circle. (Alone on the Baltic Sea)

Any questions, suggestions or wishes ... let me know.

Nutrients

SEA KALE

02

Nutritional value of the fresh young plant

Nutritional value per 100 g (3.5 oz)
Energy ca. 19 kcal (80 kJ)

Carbohydrates

Sugars	2 g
Dietary fiber	3 g

Fat

Saturated	no data
Monounsaturated	no data
Polyunsaturated	no data

Protein	2.1 g
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| from various sources



Nutrients

SEA KALE

Vitamins Quantity

Vitamin A (pro A) 100 µg (only raw)	
Thiamine (B1)	0.27 mg
Riboflavin (B2)	no data
Niacin (B3)	0 mg
Vitamin B6	no data
Folate (B9)	0 µg
Vitamin C	100 mg
Vitamin E	no data

Minerals Quantity

Calcium	no data
Iron	no data
Magnesium	no data
Phosphorus	no data
Potassium	0,430 g
Sodium	no data
Zinc	no data

Units

µg = micrograms • mg = milligrams
IU = International units • kcal =
kilocalories • kJ = kilo Joule

| from various sources

