

Sweet and Umami Homemade Seaweed Jam

Ingredients

- 2 cloves garlic, minced
- ¼ cup soy sauce
- 1 tbsp. nutritional yeast
- 1 tbsp. mirin
- 1 tsp. rice wine vinegar
- ¼ tsp. black pepper
- 1 oz. dried wakame
- 2/3 cup brown sugar

Steps

1. Place your minced garlic, soy sauce, nutritional yeast, vinegar and black pepper in a saucepan, along with 3 cups of water. Whisk together, add the dried seaweed, and bring to a boil. Reduce to a simmer, and let lightly simmer for 45 minutes.
2. After 45 minutes, take off the stove and use an immersion blender to break up the seaweed. Add the brown sugar, and return to the heat. Bring to a simmer, stirring frequently to prevent burning, and cook for around 30 minutes so the jam thickens. Let the jam cool, and transfer to an airtight container. Store in the fridge, and enjoy.

