

"Ole G. Mouritsen has done it again! *Seaweeds* parallels his *Sushi* in excellence of presentation. The depth of his historic, biologic, economic, and culinary notes, including nutritional facts, is stunning. The layout and illustrations are a visual feast. What a fine exploration of marine meadow, forest, and garden plants. Having read *Seaweeds*, you will be compelled to further explore this unique and diverse group of plants. Personally, I'll be following his recipes."

Louis D. Druehl, author of *Pacific Seaweeds*

"Ole G. Mouritsen's *Seaweeds* is a wonderfully wide-ranging, beautifully illustrated introduction to these strange, underappreciated, delicious forms of life."

Harold McGee, author of *On Food and Cooking: The Science and Lore of the Kitchen*

"*Seaweeds* is by far the most comprehensive, informative and creative offering on macroalgae I have ever seen. And to this wealth of information, Ole G. Mouritsen has added many personal anecdotes, unusual recipes, and beautiful pictures. Anyone with simple curiosity or extensive knowledge about marine algae will enjoy this extraordinary book."

Shep Erhart, author of *Sea Vegetable Celebration* and founder of Maine Coast Sea Vegetables

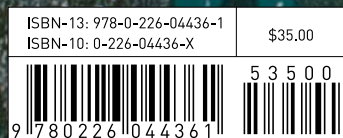
"A great exploration of the wonderful world of seaweeds and, more importantly, their potential for adding deliciousness to any meal."

René Redzepi, author of *Time and Place in Nordic Cuisine* and founder and head chef at award-winning Restaurant Noma

"A rare phycological masterpiece. *Seaweeds* is must read for anyone studying, eating, or just interested in this fascinating group of photosynthetic marine organisms. The book will be a reference for a number of years to come."

Alan T. Critchley, coeditor of *World Seaweed Resources*

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Seaweeds

edible, available
& sustainable

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www.seaweedbook.net

This unique book takes readers on a comprehensive tour of seaweeds, describing what seaweeds actually are — marine algae, not plants — and how people of different cultures have utilized them since prehistoric times for a whole array of purposes — as food and fodder, for the production of salt, in medicine and cosmetics, as fertilizer, in construction, and for a number of industrial end uses, to name just a few. The book describes the vast abundance of minerals, trace elements, proteins, vitamins, dietary fiber, and precious polyunsaturated fatty acids found in seaweeds, and provides instructions and recipes on how to prepare a variety of dishes that incorporate raw and processed seaweeds.

With hundreds of superb illustrations depicting the wealth of species, colors, and shapes of these marine algae, *Seaweeds: Edible, Available, and Sustainable* makes a strong case for granting these ‘vegetables from the sea’ a prominent place in our kitchens.

The author

Ole G. Mouritsen is a scientist and professor of biophysics at the University of Southern Denmark where he is director of MEMPHYS-Center for Biomembrane Physics. He is an elected fellow of the Royal Danish Academy of Sciences and Letters, the Danish Academy of Technical Sciences, and the Danish Gastronomical Academy. His research is directed towards a broad range of basic science questions as well as their applications within biotechnology, biomedicine, and food science. He is the recipient of a number of prestigious prizes for his work, most recently the Danish National Prize for Research Communication (2007), the British Royal Society of Chemistry Bourke Award (2008), and the European Lipid Science Award (2011).

In his spare time, the author cooks and furthers his knowledge of food science and gastronomy. In addition he writes popular articles and books about the science of cooking and taste, often in collaboration with well-known chefs.



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