

## *Soaking Irish Moss:*

Properly soaking the Irish Moss has a huge impact on the entire recipe. Closely following these directions will create the Irish Moss to be as consistent as possible for the best results in the finished product. Irish Moss soaked according to these directions will last (kept in the fridge in an airtight container covered with water) for at least a week. After one week you may see a difference in color and size. The Irish Moss will look transparent and swollen. If this is the case you will need to add an additional 1/4 to 1/2 oz. Irish Moss to each recipe. Only soak the amount you think you will use for one week. Unsoaked Irish Moss will last in an airtight container in the fridge for months. All preparation steps for Irish Moss only use cold water. Rinsing or soaking Irish Moss in warm or hot water will cause the Irish Moss to lose its mucilaginous gelling properties, rendering it useless in these recipes.

## *Directions for rinsing/soaking Irish Moss:*

1. Thoroughly rinse small amounts of the Irish Moss under cold, running water. Ideally use filtered water. This process should remove any presence of sand, other seaweeds, or any small little plastic threads (usually light blue or red in color) which are left over from harvesting.
2. As you wash the Irish Moss one piece at the time, place the rinsed pieces in an empty container. Whatever size container you are using, do not fill it up more than 3/4 of the way.
3. Once finished with rinsing, fill up the container with water. With your hand mix the Irish Moss inside the container (if container is too small, shake well with lid on). This will create friction and will release more impurities. Drain the water and repeat 2 more times. The water from the last rinse should be really clean. If not, repeat one more time.
4. Now fill up container with water, completely covering the Irish Moss. Put lid on container and place in fridge for at least 24 hours before using.
5. Don't rinse the Irish Moss after the soaking process is complete, and don't drain or replace the soaking water.



Irish moss before soaking, properly soaked, and overly soaked

## *Using Irish Moss in the Recipes:*

Irish Moss needs to be blended extremely well. All of the recipes using Irish Moss specify the amount of liquid (usually 1 cup total) along with the measurement (in weight) of Irish Moss. These ingredients are blended first until the Irish Moss is completely broken down and smooth. This is what we call the “initial blending phase”. Then the remaining ingredients can be added and the recipe completed.

## *Irish Moss Blending Directions:*

1. Using a scale, weigh the amount of Irish Moss called for in the recipe. When measuring Irish Moss always double check the weight. Remove from scale, dry any excess water from the scale top, and weigh the Irish Moss again. The first measurement may contain up to a 1/4 oz of water and this will affect the recipe.
2. Coarsely chop the Irish Moss and add to blender.
3. Add to blender the specified amount of liquid required for the initial blending phase.
4. Blend until mixture becomes smooth and jelly like, and there are no visible small pieces of Irish Moss. The amount of time this requires will vary greatly depending on what kind of blender you are using and/or how sharp the blade is.
5. There will always be small pieces of unblended Irish Moss on the sides of the blender and underneath the lid. Stop blending and with a spatula scrape down the sides of the blender, as well as underneath the lid. Resume blending until all the Irish Moss is completely broken down.
6. Stop blending and add the remaining ingredients of the recipe you are making, except if the recipe calls for coconut oil and lecithin, which always go in last.