

# Procedure for Preparation of Norwegian Red Sea Cucumbers

## Important:

Before you begin, it is necessary to explain first that the rehydrating of sea cucumbers takes a long time. Therefore, recipes using sea cucumbers as ingredients must be prepared in advance.

Time is for reference only! (may take longer). The size of sea cucumbers will affect the length of each step. The rehydrating time given below is for reference only.

You need to adjust the length of time according to the size you buy. But don't worry, we will provide guidance about how to judge whether the rehydrating is completed and it's not very difficult for you to complete the process.

The challenge is the duration of fully hydrating the sea cucumber. If it is not done fully or correctly, you will be unable to chew them, and they will not taste very good...

Also:

- If using gloves, make sure they don't have powder on
- When first preparing sea cucumbers it is important that the pot and bowls are clean without traces of fats or oils

[Link](#) to Master Chef interview

## Instructions for rehydration from dry product

**Step 1:** Before the formal rehydrating, the sea cucumber should be pre-soaked once: The dry sea cucumber is completely immersed in cold purified water for at least 36-48 hours. It is recommended to change the purified water every 12 hours and keep it refrigerated.

Adding ginger slices to the water will help reduce astringency.

Adding 1dl rice vinegar or apple cider vinegar (per 10 sea cucumber) to the water will help break down the grainy texture caused by high concentrations of magnesium and calcium found in our nutritious species.

**Step 2:** Now the sea cucumber is soft enough that it can be cleaned, you can use the scissors to clean the stomach of sea cucumber. This can be tricky the first time, so make sure you set aside enough time.

You will find an incision on the belly of the sea cucumber. Cut along the crack from one end to another then pull out any internal parts, dirt and feeding tentacles. Do not forget to rinse the sea cucumber with clean water at the end.



**FIGURE 1: LONGITUDINAL CUT ON SEA CUCUMBER BELLY**



FIGURE 2: VIEW OF THE INSIDE OF THE SEA CUCUMBER



FIGURE 3: REMOVING FEEDING TENTACLES

**Step 3:** The clean sea cucumbers can then be boiled, remember to use pans that are completely oil-free and salt-free.

Pour in pure water to submerge the sea cucumbers, add the ginger, rice vinegar or apple cider vinegar and put on the lid.

- 10 sea cucumbers = 100 g ginger, 1 dl rice vinegar or apple cider vinegar)

Once the water begins to boil, turn down the heat and let simmer for another 20 minutes. Then turn off the heat and pour everything into bowl and let it cool of for 2-5 hours until it is at room temperature.

After the cooking process, the sea cucumbers may shrink a bit after cooling. This is normal, and they will regain some of their size over the next steps.

**IMPORTANT NOTE:** The vinegar used during boiling is important for helping breakdown the magnesium and calcium in the meat. Due to the high concentrations

in our nutritious species, it can result in an undesirable sandy-like texture if the steps are not properly followed.

**Step 4:** When at room temperature - Put sea cucumbers into a new bowl with cold clean water with ice cubes. Place the bowl in the fridge for 12 hours (or to the following day).

After 12 hours has passed, feel on the consistency. You will be looking for the jelly part, that it has grown over the rehydration, and that it is not too soft or hard.

The sea cucumber has the right consistency when you are able to push your finger through the flesh with it giving some resistance. You will also notice the meat will appear transparent through the cross section, see figures 4 and 5 below.



**FIGURE 4: REHYDRATED SEA CUCUMBER**



**FIGURE 5: SLICED SEA CUCUMBER DISH**
  
*(SERVED WITH SAUCES ON THE SIDE, NOT SHOWN)*

**Dish preparation:**

Because sea cucumbers have been boiled for about 20 minutes during the rehydrating process, it is not advisable to stew for too long after finished. Cooking for 40 minutes is almost enough. Do not go over 1 hour. Overcooked sea cucumber will be kind of like chewing gum.

**Serving suggestion:** We recommend serving the sea cucumber in bite sized slices (as seen in Figure 5) for those trying it for the first time.

## GOURMET SEA CUCUMBER RECIPE

# Braised pork with sea cucumber

This flavorful dish is served in a bowl and traditionally paired with a side of broccoli.

**Serves:** 5-6 people

### Main Ingredients:

- 2 tbsp dark soy sauce
- 2 tbsp light soy sauce
- 1 cinnamon stick
- 2 star anise
- 3 ginger slices
- 2 sea cucumbers (soaked fully in water and thoroughly cleaned)
- 500g pork belly (cut into bite-sized pieces)
- 6 garlic cloves (lightly pounded with a mortar and pestle with skin)
- 8 dried shiitake mushrooms (soaked and halved)
- 500ml water
- Oil (to cook)
- Spring onion (thinly sliced, for garnish)
- cooking wine – amount based on taste

### Directions:

1. Rehydrate dry sea cucumber product as described in rehydration steps.
2. Slice up sea cucumber and pork belly in bite sized portions for later use.
3. Put the prepared sea cucumber into a boiling pot and add water, soy sauce, salt, onion, ginger. Boil to remove astringency from sea cucumber and soak in the taste from the added ingredients. Take out the lightly cooked sea cucumber and put aside for later use. Empty and clean the pot for second use.
4. Bring a new pot of water to a boil in a large pot together with onion, ginger and cooking wine. Place the pork belly in the pot, blanching for 3-5 mins. Leave to the side. Boil to remove impurities and astringency. Take out the pork and empty the pot.
5. Add cooking oil into the pot. Saute the ginger and garlic until the aromas are released.

6. Then add aniseed and cooking wine to stir fry. Add the lightly boiled pork belly, mushroom and sea cucumber, soy sauce, cinnamon and sugar into the water. Stir well, add water and dark soy sauce to enhance taste and color.
7. Stir often to ensure everything is mixed well. Bring to a boil.
8. Cover with a lid and leave to simmer until pork belly and sea cucumber until both are tender, maximum 1 hour.
9. For the base sauce, separate liquid and cook until it is thick, and then add to the dish with the pork and sea cucumber. Garnish with spring onion and serve.

See photos of this dish in our short Instagram video:

<https://www.instagram.com/p/CFujVSAH2AL/?igshid=1a01cnqn9r9qi>