



Pressing Seaweed Instructions

1. Get a small piece of paper and put your name and date on it
2. Fill a small tray with water
3. Put the seaweed in the water
4. Next place the paper in the water and get it wet all over
5. Arrange the seaweed on the paper
6. Take out of the water and remove the excess
7. Put on newspaper, cover with kitchen paper and more newspaper
8. Place heavy books on top of it
9. Check it regularly