

INGREDIENTS:

- 51g Sunflower oil
- 5g Vinegar
- 0.45g Rhodomonas powder
- 6g Mustard
- 38g Soy milk

The veganaise with Algae

Rhodomonas salina

Prep time : 5 minutes

Total time : 5 minutes

Servings for 100gr

This is a recipe shared by the scientists of ILVO - Flanders Research Institute for Agriculture, Fisheries and Food.

INSTRUCTIONS:

1. In a measuring cup, combine the sunflower oil, soy milk, vinegar and mustard.
2. Using a hand blender, whisk all ingredients into a creamy mass.
3. Mix the algae with the veganaise using the hand blender again.
4. Pour the mixture into glass, Spoon the cream layer on top.

NOTES:

The rhodomonas salina algae can be replaced by other microalgae that you can find on the market.

This veganaise sauce is a perfect match for French fries, but feel free to test new culinary experience and share it with the ValgOrize team!*

**Did you know that the Belgian and the French have an ongoing disagreement about where fries were invented, with both countries claiming their ownership ?!*



Rhodomonas salina

Microalgae

Unicellular organism

2 flagella

Color: red/brown

Flavour: High umami and seafood taste.

Habitat: Found in marine brackish water,
temperature 10-25 °C

Nutritional benefits: Rich in polyunsaturated fatty acids and phycoerythrin.

Health benefits: Anti-parasitic, anti-tumour, anti-cancer, antioxidant. ω -3, DHA: coronary heart disease, aging-related degenerative diseases

How to eat it: At the moment, *Rhodomonas salina* is not a commercial microalgae. The project ValgOrize aims at moving the European market forward towards a wider microalgae consumption.

