

# WINGED KELP

*Alaria esculenta*



Not to be confused with Wakame (*Undaria pinnatifida*), also known as *Irish wakame* or *Atlantic wakame* or *murlins*

**Color:** Golden to yellow brown

**Shape:** laminar, slightly wavy, fronds usually about 1 m long and 7,5 cm wide

**Habitat:** In deep, rough and cold waters of lower shore, on rocks exposed to sea wellwaves



## Textures :

- Raw: gelatinous, fine on the edges, crunchy on the inside
- Cooked: melting

## Flavours :

- Raw: iodine
- Cooked: soft, slightly sweet

## Nutritional benefits:

Rich in omegas, minerals and vitamins (B9, B12, K). Full in beta-carotenes, it's the perfect anti-oxidant.

**How to eat it in:** Used in flakes (due to its size between 50 cm and 2 m), in seasoning or in tartar. Also used as a substitute for vegetables

## INGREDIENTS:

- 3 Blades of Wakamé
- 1 pincée de sel
- 3 tablespoons rice vinegar
- 1 tablespoon sesame or lemon oil
- 3 tablespoons soy sauce
- 1 tablespoon sesame seeds, toasted

# Wakame salad

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Prep time : 10 minutes

Baking time : 5 minutes

Total time : 15 minutes

Servings : 4

This is a recipe shared by Jennifer Breaton and Rebecca Wiering, founders of Zeewaar.

## INSTRUCTIONS:

1. Rinse the Wakame off with cold water.
2. Steam it over boiling salt water during 5 minutes, until it is bright green.
3. Cut into thin strips.
4. Make a dressing with oil (sesame oil or lemon olive oil, or other), rice vinegar and if you like, soy sauce.
5. Pour the dressing over the Wakame, mix it.
6. For the presentation, add some sesame seeds

Enjoy it !

