



Bull Kelp Salsa

Makes about 14 pints

Ingredients

This recipe uses the firm bulb and long stipe of fresh Alaskan bull kelp. The blades can be saved for other recipes.

8 cups bull kelp, chopped*

4 green peppers, chopped*

2 onions, chopped*

3 cups celery, diced*

5 large fresh tomatoes, chopped*

1 jalapeno, diced*

7-ounce can diced green chilies

3 garlic cloves, crushed

½ teaspoon dried cilantro

2 cups white vinegar

2 tablespoons honey

6 teaspoons ground cumin

Red chili peppers to taste

**For a finer consistency, grind these ingredients together.*



Directions

Combine all ingredients in large pot. Bring to boil, reduce heat and simmer uncovered for 1–2 hours. Place in half-pint or pint sterilized jars, leaving ½-inch headroom. Screw on lids finger-tight, and boil in hot water bath for 15 minutes. Remove jars and cool at room temperature for 12–24 hours, then check that lids are firmly sealed.

Avoid spoilage and contamination by carefully following all safe canning practices, available from the USDA at https://nchfp.uga.edu/publications/publications_usda.html.

Notes: _____



Nereocystis luetkeana is a common seaweed found in subtidal areas. Usually only the upper portion—the bulb and blades—are visible. Harvest as much of the fresh bull kelp as you can reach at low tide, or buy from a local farmer. Rinse the kelp with fresh water, peel away the brownish outer layer using a vegetable peeler or sharp knife, and use the inner flesh of the kelp, which should be light green and firm to the touch.

This recipe is from the book *Common Edible Seaweeds in the Gulf of Alaska* by Dolly Garza, available in hardcopy or PDF from the Alaska Sea Grant bookstore.

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