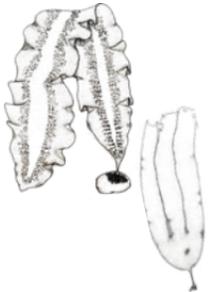




Kelp Seasoning

About sugar and split kelp



Sugar kelp (*Saccharina latissima*) and split kelp (*Saccharina groenlandica*) are commonly found in coastal areas across Alaska. They can be harvested in intertidal areas at low tide from early spring through the fall, and blades can range from 6 inches to several feet long. The thicker-bladed split kelp is generally found in more exposed areas, while the thinner-bladed sugar kelp prefers more protected rocky areas.

See recipe on reverse side. Photo from *Field Guide to Seaweeds of Alaska* book and line art from *Common Edible Seaweeds in the Gulf of Alaska*. Both books available from the Alaska Sea Grant bookstore.



Ingredients

When drying kelp, it is not unusual to see a white powder form on the blades. This is a natural process of salt and minerals coming to the surface and is part of the delicious flavor.

1–2 lbs sugar kelp (*Saccharina latissima*) or split kelp (*Saccharina groenlandica*)

Directions

Kelp chips, flakes, or powder can be made by roasting *Saccharina* blades in a low oven at around 175°F/80°C for 5 to 10 minutes, depending on the thickness and quantity of the blades. It is easy to overcook and burn the seaweed, so check every couple of minutes, until bright green and very crisp. Remove from the oven and allow it to cool.

Break into snack-sized pieces, or make flakes for seasoning by crushing with your hands or a mortar and pestle. You can also make a seasoning powder using a spice grinder or mortar and pestle.

Used as a seasoning, try it in seafood chowder, sprinkle over rice or popcorn, or in a variety of dishes in place of salt. Dried kelp can be stored in an airtight container and will keep for several years if kept in a cool, dry place.

To find out where to buy kelp locally, please visit the farm-to-table mariculture directory at the link below.

