

Fermenting seaweeds?

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Posted Dec 21, 2010 12:00 PM

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I have been looking into seaweed lately, and I am wondering if anyone has any experience with fermenting seaweeds - if so which type, do you need to add whey, salt (seaweeds are already full of salt?) etc. Information on the topic are sparse online, the only mention I could find is to add seaweeds to sauerkraut which is not what I am looking for. Thanks for you help and tips in any case, Merry Christmas and New Year Eve!

Phil



Phil_Ridley
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Posted Dec 21, 2010 12:11 PM

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Sandor has a recipe in "Wild Fermentation" for sauerkraut that completely replaces salt for seaweed. We have some seagreens that we use. I've also used a variety from the health food store. Never gone completely without salt yet.



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Posted Dec 30, 2010 6:11 PM

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Thanks Phil for pointing this out. My question was more about fermenting seaweeds as the main ingredients, like replacing cabbage for sauerkraut by seaweeds, rather than being a supplement in the recipe? To extract some of their unique compounds...

Phil



Phil_Ridley
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Posted Dec 30, 2010 6:14 PM

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*Thanks Phil for pointing this out.
My question was more about fermenting seaweeds as the main ingredients, like replacing cabbage for sauerkraut by seaweeds, rather than being a supplement in the recipe? To extract some of their unique compounds...*

I don't see why not. Maybe give it a go, tho seaweed may be more stable in a brine solution than cabbage, given that this is its natural environment?! So maybe the ferment will take longer? Just a guess!! Afraid I can't answer your question. Maybe there are examples of fermented seaweed in Japanese cuisine?

Alan Argent

Posted Dec 31, 2010 4:26 PM

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