

OCEAN FARM TO TABLE
COOKING WITH UNITED STATES FARMED SEaweEDS

Skinny Kelp

Saccharina angustissima

Skinny Kelp *Saccharina angustissima*

A variety of sugar kelp, known as "Skinny Kelp" has been making waves in the coastal waters of southern Maine. With long, thin, strap-like blades, this seaweed can be found inhabiting a small band of Maine's islands, ledges, and peninsulas, where it's exposed to the heavy surf of the open ocean and its unique morphology is a direct adaptation to these conditions.

Skinny kelp is a close relative of the more commonly recognized sugar kelp. While they are genetically the same species, they have a few distinct physical differences. Skinny kelp has significantly longer and narrower blades compared to pure sugar kelp, and when cross-bred with sugar kelp, the offspring have even longer and narrower blades. These skinny kelp crosses also have an increased biomass yield, with higher dry weight per meter compared to pure sugar kelp. This means the skinny-sugar kelp hybrids are more productive and efficient to grow and harvest.

WHERE IS IT FARMED? Open-ocean farms in Maine.

HARVEST SEASON: Late spring to early summer.

NUTRITION: High in fiber, vitamin C, vitamin K, iron, calcium, iodine, and magnesium.

STORAGE TIPS: Refrigerate and consume fresh kelp within 4-6 days of harvest. To prolong shelf life, freeze or dry in dehydrator and store in a cool, dry place.

ENVIRONMENTAL BENEFIT: Absorbs CO₂ from the ocean and produces oxygen, provides shelter to commercially important fish and invertebrates, and protects coastlines from erosion.



UC San Diego

SCRIPPS INSTITUTION OF OCEANOGRAPHY



Support for this work provided by NOAA National Sea Grant's *National Seaweed Hub*, a science-based, non-advocate resource for the domestic aquaculture industry, California Sea Grant and Scripps Institution of Oceanography at UC San Diego. Created by Sarah Donald, Kaira Wallace and CA Sea Grant. Illustrations by Madison Churchill.



Skinny Kelp Caesar Dressing

Recipe by Claire Bastarache

Ingredients: $\frac{3}{4}$ cup of neutral oil (avocado, canola, light olive), 2 egg yolks, 2 tbsp of lemon juice, 1 tsp dijon mustard, 3 cloves of garlic fine diced, 3-4 tbsp of skinny kelp fine diced (fresh or dehydrated), 2 tsp Worcestershire sauce, $\frac{1}{2}$ tsp cracked black pepper, $\frac{1}{2}$ tsp salt, $\frac{1}{2}$ cup freshly grated parmesan cheese

1. Start by blending yolks and oil together with an immersion blender. If using a food processor or a whisk by hand, stream in the oil very slowly while whisking quickly until it turns into a mayonnaise base.
2. Continue to blend in lemon juice, dijon, garlic, kelp, Worcestershire, salt and pepper until completely combined.
3. Finish by folding in the parmesan.
4. Enjoy as a salad dressing, as a dip, or a spread!

Skinny Kelp Pesto

Recipe by Jules Marsh

Ingredients: $\frac{1}{2}$ cup pine nuts, 1 $\frac{1}{4}$ oz fresh skinny kelp, $\frac{1}{2}$ cup fresh basil - finely chopped, $\frac{1}{2}$ cup freshly grated parmesan, 5 tbsp olive oil, 1 garlic clove - peeled, salt & pepper to taste

1. Place pine nuts in frying pan over medium-low heat and toast for a few minutes, shaking often and keeping an eye on the pan the whole time.
2. Remove pine nuts from heat and let cool completely.
3. Place all ingredients in a blender and blend until sauce forms.
4. Taste as you go and add olive oil until desired consistency is reached.
5. Recommended to serve over linguine with shellfish.

Flavor Notes & Cooking Tips*

Flavor Profile: Slightly sweet and floral, clean, vegetal.

Texture: Thin, delicate, leafy and tender with a slight crunch.

Cooking Tips: Skinny kelp has gelling qualities and can be added to dishes as a thickener. To reduce these gelling qualities, soak your skinny kelp in fresh water overnight, then give it a quick rinse before using. When blanched, skinny kelp turns a vibrant green color, adding a pop of color to any dish.



*Flavor and texture experiences are subjective. These insights were shared by chefs piloting these recipes.