



## **Can you eat seaweed? Biologists from Cadiz win the award for the best cookery book in the world**

**LOCATION:** Puerto Real, Cádiz

**LENGTH:** 1'45"

**SUMMARY:** The book is the product of the knowledge gained by these biologists from the International Campus of Excellence of the Sea in Puerto Real (Cadiz), after more than two decades of studies on seaweed. It has won them the award for the best cookery book in the health and nutrition category of the Gourmand Awards 2017, the most internationally prestigious competition of gastronomic literature. The book reviews the biology and physiology of the seaweed used in cooking, its culinary history, anecdotes... It has also had the participation of the famous chef Ángel León, who compiles the most interesting recipes of the great Spanish chefs which have seaweed as the main ingredient.

### **VTR**

This biologist at the University of Cadiz, together with his team, has spent more than two decades studying seaweed.

**Lucas Pérez**  
**Biologist at the University of Cadiz**

*"It's an endless topic. That's to say, each time it is more interesting precisely because of the number of properties which are gradually being discovered."*

And so, this book is the product of all this work and knowledge gained. The title is the question: Can you eat seaweed? It has won the 2017 award for the best cookery book in the world in the category of health and nutrition of the Gourmand Awards, the Oscars of gastronomic literature.

**Juan José Vergara**  
**Biologist at the University of Cadiz**

*"We were surprised that we won the award as the book is not written in English. Everything is a real surprise and a boost."*

So, can you eat seaweed? The answer is yes, of course. But why are they good for us nutritionally?

**Lucas Pérez**  
**Biologist at the University of Cadiz**

*"It's said that they have everything but calories. The amount of protein, carbohydrates, minerals and vitamins is very high."*

The book reviews the properties of seaweed, its physiology and its biology, and traces the history of its culinary use, anecdotes... And in the final chapter are seaweed recipes from 16 great Spanish chefs who have 50 Michelin stars between them. They were compiled by Ángel León, the chef of the sea.

**Juan José Vergara**  
**Biologist at the University of Cadiz**

*"Four scientists wrote it together with Ángel León, the chef of the sea, so it's more accurate, that's to say, what they tell you is more credible."*

**Lucas Pérez**  
**Biologist at the University of Cadiz**

*"It can interest any type of audience, scientists as well as naturalists who are curious about science, and of course foodies."*



And so, the daily work of these scientists in the labs at the International Campus of Excellence of the Sea in Puerto Real, reaches the public in the form of a book, in order to promote knowledge and delight our palates.

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