



Seaweed tastings, an innovative proposal that reinvents traditional recipes

LOCATION: Chiclana de la Frontera, Cádiz

DURATION: 1'20"

SUMMARY: Eating seaweed has become more than just a trend, it is also a pleasure. That's why the Environmental Resources Centre of the Chiclana Salt Marshes, in the province of Cádiz, organises seaweed tastings once a month, introducing this ingredient in traditional Andalusian recipes. The result of this mixture are tasty dishes that delight everyone.

VTR:

Province of Cádiz. The Chiclana Salt Marshes. The Sea.. And seaweeds. This sea vegetable is a gastronomic trend, and that's why the Environmental Resources Centre of the Chiclana Salt Marshes decided to organise seaweeds tastings, using the gastronomy of Cádiz as a guiding theme.

INMA SALADO
'Chiclana Salt Marshes'
Coordinator

"The product is gaining acceptance. Because nowadays it is something unknown. Seaweeds weren't used before, they were in the environment but they were useless. Currently, when you tell someone that they are going to eat a product with seaweed, it is like... At first they despise the idea, but later they say: wow, it's tasty, I didn't expect so many flavours, textures, experiences... People really like it."

Beetroot salmorejo, shrimp omelettes, or even chickpeas can be combined with the unknown salicornia, green aonori or sea lettuce.

FRANCISCO FLOR
'Chiclana Salt Marshes'
Manager

"We serve around nine dishes, each one of them cooked in a different way, and we also have the intention to show the public that there are many ways of making the most of this resource."

As many ways as a chef can imagine. For now, these dishes can be enjoyed once a month in this centre in Chiclana. Today, these are avant-garde tastings, but seaweeds have arrived in our kitchens to stay.

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