

Seaweed Pickles



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Seaweed **Pickles**

Ingredients:

- *Sargassum*
- Vinegar
- Sugar
- Salt
- Spices
- Carrots
- Ginger

Procedure:

1. Wash the seaweed (*Sargassum*) thoroughly with fresh water.
2. Drain and cut into desired length.
3. Blanch in lukewarm water for 5 minutes. Let it cool.
4. Boil the pickling solution for 5 minutes. Let it cool.
5. Mix all ingredients in a bowl except the pickling solution.
6. Pack in sterilized bottles.
7. Pour the solution into filled bottles then seal completely.

ROI: 68%
