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Road Test: Alg Seaweed Tasmanian Wakame Flakes



Umami-rich: Alg Seaweed Tasmanian Wakame Flakes

By **ROSS BILTON**, THE WEEKEND AUSTRALIAN MAGAZINE
THE WEEKEND AUSTRALIAN MAGAZINE
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What is it? A little jar of dried seaweed flakes. They look like scrapings of old green paint

from a weathered wall.

Yum! Well, if you can get past the looks, they are actually delicious: an umami-rich “flavour booster” to sprinkle on other things such as pasta dishes, eggs, smashed avo or potato wedges. Alg even suggests sprinkling them on muesli.

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JESSICA HALLORAN

Why? Because “seaweed isn’t just for sushi”, says the company’s founder, a dietitian and wellness type from Melbourne.

What exactly is wakame? A species of kelp native to the Pacific northwest; it’s a staple in Japanese cuisine, and rich in iodine. Alg has it hand-harvested in Tasmanian waters, and freeze-dries it for extra crunch.

What to say: “Oooh, you can really taste the sea.”

Don’t say: “Alg? Isn’t that the sound of someone gagging?”

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Carlos 2 DAYS AGO

Sometimes in my local big brand supermarket I can find packs with small sheets of dried seaweed for a pittance. Delicious!

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