



# SEAWEED SYMPHONY

REVITALIZING  
THE OCEAN



In support of World Oceans Day, hundreds of Relais & Châteaux chefs are celebrating the *revitalizing* superfood of the sea.

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# SEAWEED SYMPHONY

Every year, on June 8th, Relais & Châteaux recognizes World Oceans Day.

In collaboration with our partner, Ethic Ocean, we seek to raise awareness about the role the oceans play in the health of our planet, and to highlight the importance of sustainable seafood – something our chefs strive to serve all year round.

For this year's World Oceans Day, the United Nations announced the theme Revitalization: Collection Action for the Ocean, and we have decided to focus on seaweed.

*"Our ocean connects, sustains and supports us all. Yet its health is at a tipping point and so is the well-being of all that depends on it. We need to work together to create a new balance with the ocean that no longer depletes its bounty but instead restores its vibrancy and brings it new life."*

- UNITED NATIONS



Follow us on social media with the hashtag [#SeaweedSymphony](#).

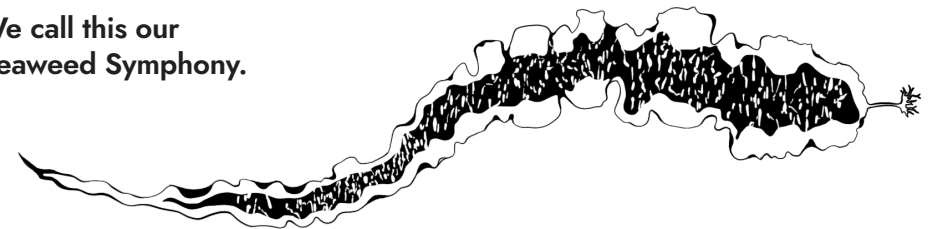
Not only is seaweed the basis of the oceanic food chain, it is a tasty and healthy superfood for humans, packed full of nutrients.

In addition, seaweed depollutes estuaries, decreases ocean acidification, guards against coastal erosion and provides habitats for ecosystems of abundant biodiversity.

Above all, seaweed stores vast quantities of carbon dioxide, is capable of sequestering a lot more, and produces more than half the oxygen we breathe.

We think it truly deserves recognition as a regenerative wonder "plant" that can help prevent or even reverse climate change, so Relais & Châteaux chefs have been busy conceiving innovative recipes that use sustainably-sourced seaweed in delicious new ways.

We call this our Seaweed Symphony.



## OUR SEAFOOD PHILOSOPHY

- Choosing seafood that has **(1)** healthy stock levels, caught respectfully and **(2)** been sustainably farmed.
- Driving the sustainable development of the Blue Economy by supporting small, local producers who care about the environment.

# RAW, PICKLED, DRIED OR COOKED?

With environmental scientists recommending we reduce the amount of meat we consume in favor of more plant-based foods that can benefit the planet,

algae are a compelling solution. Seaweed can be eaten raw, pickled, cooked as a vegetable or served as a condiment.

## NORI

*Porphyra spp.*

Nori is the most consumed seaweed in the world, can be eaten raw, pickled or cooked and has a musky and smoky taste. When dried, this red algae turns green or black, and is widely used for making maki.



## DULSE

*Palmaria palmata*

Dulse is a red algae that, eaten raw, is firm and crunchy with iodine, hazelnut and shellfish notes. It is also eaten cooked, like a vegetable.



## SUGAR KELP

*Saccharina latissima*

This brown algae is crunchy and fleshy with a taste that is both sweet and umami. It is found in dashi and miso soup but is also commonly used to enhance the flavor of fish during cooking.

## KOMBU

*Saccharina japonica*

Kombu is an olive-green kelp that thrives in cold waters. Widely cultivated in Asia, it is eaten in broth, fried, pickled, or served raw.



## SEA LETTUCE

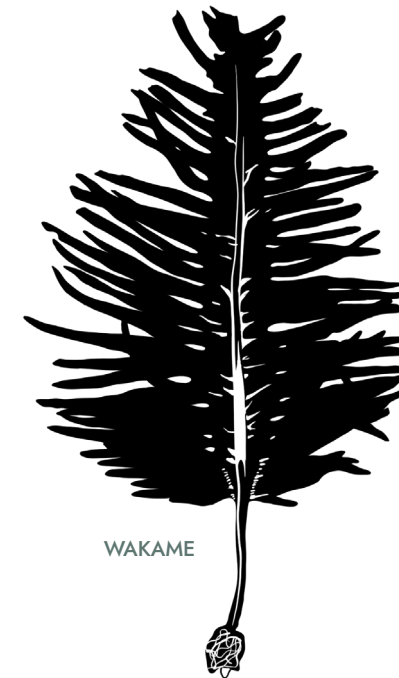
*Ulva spp.*

Sea lettuce is a green algae, fine and flexible. It can be consumed in many ways: raw, steamed or dried and served as a rich condiment.

## SEA SPAGHETTI

*Himantalia elongata*

Sea spaghetti's smooth strips can reach up to three meters long, and can be eaten raw, sautéed or steamed.



## WAKAME

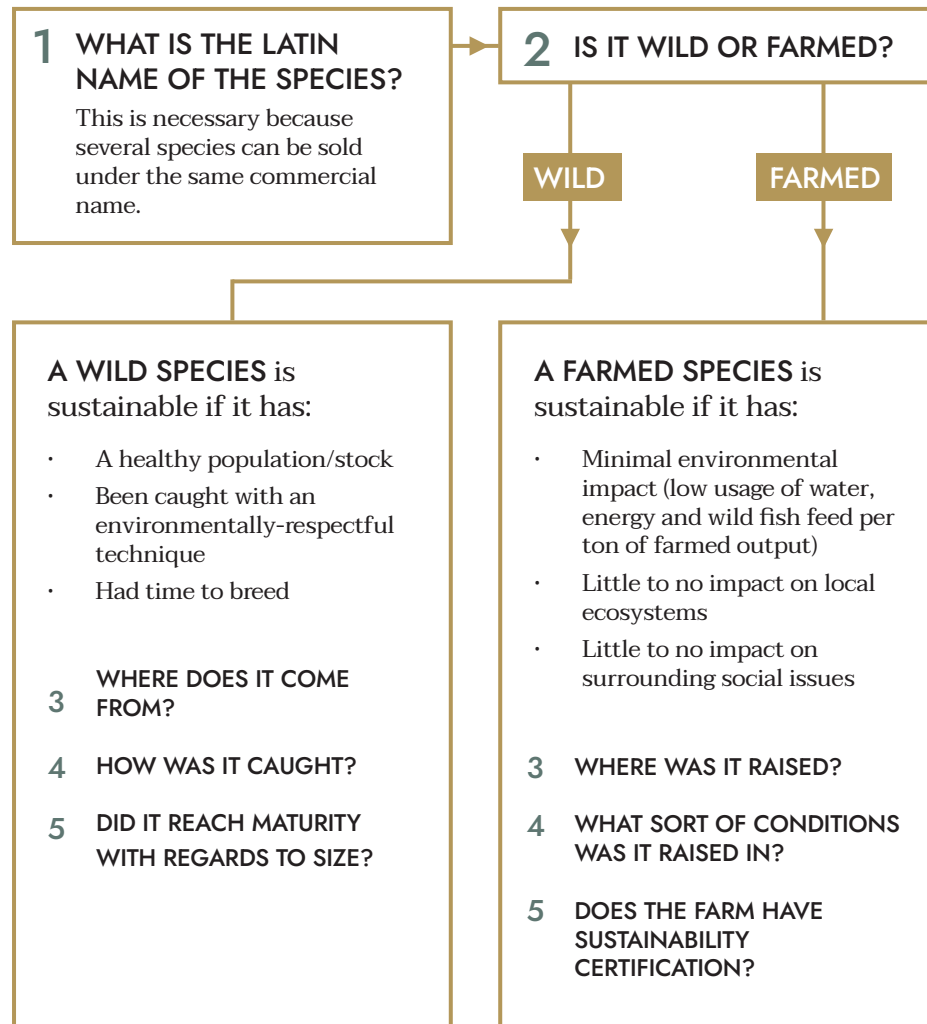
*Undaria pinnatifida*

Wakame is a large kelp that is part of the brown algae family. Its fine texture and delicate oyster taste can be eaten raw, cooked or added to vegetable broths.



# BUYING SUSTAINABLE SEAFOOD

FOLLOW OUR FLOW-CHART TO ENSURE YOU'RE BUYING RESPONSIBLY SOURCED FISH, MOLLUSKS, CRUSTACEANS AND SEAWEED:



## SEAWEED: SOARING IN POPULARITY

There are thousands of species of seaweed, but not all of them are authorized for human consumption. Global production has, however, soared from 2 million tons in 1970 to more than 35.7 million tonnes in 2019.

### FORAGED OR FARMED?

#### FORAGED

In America and Europe, almost all seaweed is sourced from the wild.

Like many other natural resources, this places seaweed at risk of being exploited. Large quantities of seaweed are often collected with scant regard for protecting young shoots or fragile species.

For example, boats that forage kelp in deep waters are sometimes equipped with large combs that tear algae from their substrate. This can have a severe impact on seabed health and biodiversity.

#### FARMED

Farmed seaweed represents more than 96% of global supplies. In Asia, Africa and Oceania, seaweed aquaculture is the main production technique.

That said, there are some concerns about how the seaweed farming industry develops. For example, intensive cultivation of single species could negatively impact local biodiversity and affect entire ecosystems, just as they have on land.

#### Four golden rules

- Only harvest wild seaweed with scissors.
- Never move or flip rocks while harvesting.
- Always leave the seaweed 'claw' attached.
- Apply the rule of 1/3, 1/3, 1/3: harvest 1/3 of the field; leave 1/3 for renewal; and leave the final 1/3 for natural consumers of algae.

Similarly, the introduction of non-endemic species could compete with local algae, introduce parasites and diseases and decimate seabeds.

#### Quality mark

For cultured or harvested seaweed, always look for eco-certified 'AB-rated' stocks. This attests to the good quality of the water as well as environmentally friendly cultivation and harvesting practices.

**WORLD  
OCEANS  
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UNWORLDCEANSDAY.ORG

 Ethic Ocean

  
**RELAIS &  
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