

Coastal Seaweed Salad

A refreshing and unique salad featuring Limpets, pepper dulce seaweed, sand wort, sea purslane, and sorrel. This dish is bursting with fresh flavours and oceanic notes, perfect for a light and healthy meal.

Ingredients

- 100g Limpets(Patella vulgata)
- 30g pepper dulce seaweed
- 20g sandwort
- 20g sea purslane
- 30g sorrel

Steps

1. Rinse all the seaweed and shoreline vegetables thoroughly, it can take a while to get all the grit off.
2. Blanch the barnacles in boiling water for 2 to 3 minutes. Let cool and remove from shell, you can remove the black gut sack but we never bother, its always been good eating, set aside.
3. Mix all the vegetables and seaweeds in a bowl.
4. I prefer the limpets whole. but you could finely chop them to lessen that chewy texture.
5. Toss gently to combine.
6. No need to season this dish it's a taste sensation, the pepper dulce really comes through after a few chews, I love the fresh fiery notes off set by sharp sorrel and pungent purslane.