



# Sesame Seaweed Salad



Sesame Seaweed Salad is a refreshing salad. It may also be referred to as Hiyashi Wakame. It is often used in sushi bars but is becoming a popular option for upscale supermarkets and restaurants. A unique and beautiful salad, Sesame Seaweed Salad is imported mainly from Japan, but less expensive substitutes may be available from China, Korea and Taiwan. The seaweed used for the salad typically comes from China.

The re-freezable container is convenient for when only a few servings are needed.

## Sources



### *Source*

Sesame Seaweed Salad is imported from Japan, Taiwan, China and Korea.



### *Seasonality*

Available year-round.

## Features



### *Flavor*

Sesame Seaweed Salad has a refreshing and light taste and a crunchy texture.



### *Appearance*

Sesame Seaweed Salad is beautifully green.



### *Form*

Perfect for when only a few servings are needed, Sesame Seaweed Salad is packed in a 4.4 pound reusable container.

## Uses



### *Preparation*

Sesame Seaweed Salad just needs to be thawed and served. It is a great side for almost any seafood entrée. It is also a good quick and easy appetizer.



### *Handling*

Frozen Sesame Seaweed Salad should be kept frozen until prior to use. It is recommended to defrost in a 34-36 degrees refrigerator overnight to retain best quality.

## Market

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### *Sizes and Cuts*

A suggested serving size of Sesame Seaweed Salad is 1 to 2 ounces. Two ounces goes a long way on the plate.



### *Pricing Scale*

Due to market and currency fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market information, availability and current pricing information.



### *Shelf Life*

Sesame Seaweed Salad which has been handled and stored properly should retain optimum quality for 10 to 12 days refrigerated.

Market Names
Sesame Seaweed Salad
Where Caught
Japan, Taiwan, China, Korea