

Pickled Kelp

Developed by Gayla Pedersen

Produced with support from the
U.S Fish and Wildlife Service,
Kodiak National Wildlife Refuge.



MATERIALS:

- 2 Cups White Vinegar
- 2/3 Cup Water
- 4 Tablespoons Pickling Spices
- 1 Cup Granulated Sugar
- Glass Canning Jars
- 1 Fresh Long Bull Kelp

Pickle Additions:

- 1 Large Onion
- 1 Garlic Clove, minced (1 per Jar)
- 1 tsp Lemon juice (1 tsp per Jar)

CAUTION: All use of wild plants is done at the user's own risk. The Alutiiq Museum and its partners accept no responsibility for experimentation.

NOTE: One batch of brine is enough for one 2-foot stalk of kelp. The number of jars needed will depend on the size of the jars.

Step One: Collect Bull Kelp

1. Harvest kelp at low tide. This will allow you to cut more from each kelp stalk.
2. Cut a two foot piece of bull kelp stalk and remove the bulb.



Step Two: Prepare Bull Kelp

1. Rinse kelp and peel if desired.
2. Cut stalk into 1/2 inch rings.

Step Three: Prepare Brine

3. Combine 1 cup granulated sugar, 4 tablespoons pickling spices, 2 cups white vinegar, and 2/3 cup water into a large pot.
4. Bring ingredients to a boil and simmer for a few minutes.

Step Two: Combine kelp and brine to make pickles

5. Add kelp rings to jars. Add strips of onion, garlic, or lemon at this time, if desired.
6. Add warm brine to jars, covering kelp rings completely. Cover jars with lids.
7. Store jars in the refrigerator. Kelp pickles will be ready to eat after two weeks.

Link to video instructions: <https://vimeo.com/559180583>