



Pink Shrimp, Cucumber, and Seaweed Salad

20 min

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Ingredients

1/2 cup frozen, pre-cooked pink shrimp

2 tablespoons dried dulse or wakame seaweed, or 1 cup foraged fresh

1/2 English cucumber

1/4 teaspoon salt

3 tablespoons rice vinegar

1 tablespoons sugar

1/4 teaspoon soy sauce

1/2 teaspoon sesame oil

1 teaspoon sesame seeds

Set aside frozen shrimp in small bowl to thaw on counter.

Rehydrate dried seaweed or soak fresh seaweed in cold tap water for 10 minutes. Drain water and squeeze seaweed to get out as much water as possible, then chop into bite-sized pieces. Add to a medium sized bowl.

As the seaweed is soaking, slice cucumbers as thin as you can with knife or mandolin. Sprinkle salt over them, and let sit in a small bowl for 5 minutes. Squeeze water out from cucumbers and add to seaweed.

In a small bowl, mix rice vinegar, sugar, soy sauce, and sesame oil together until sugar dissolves, then add to the vegetables. Mix well.

Add shrimp and sesame seeds to serving bowl and mix lightly. Refrigerate salad for about 10 minutes to blend the flavors, then serve in individual bowls.

Note: This Japanese-inspired sunomono recipe uses sustainable pink shrimp caught by West Coast fishermen and seaweed off our shores. Did you know that West Coast farmers produce dulse in several locations? Use this meaty, slightly smoky seaweed if you can find it, or substitute dried wakame. Or forage it yourself from the Pacific!

Recipe and photo by [Jennifer Burns Bright](#), North Coast Local Food Educator and Travel Writer

Species Group

Shrimp, Prawn

Seaweed