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due to their beneficial therapeutic properties seaweeds or marine macroalgae are plant like organisms that live in coastal areas usually attached to rocks or other substrates they are divided into three taxonomic groups brown red and green broadly speaking species fall into the group that most closely matches their colour nori is paper thin and dark green in colour it is the most consumed japanese seaweed across the globe nori is widely used as an ingredient of sushi and a garnish for ramen noodles and rice bowls this is made by drying marine algae and pressing it into a thin layer soak them in cold water for a few minutes to soften and drain well before tossing them with dressing many kinds of dressing would go well with the salad such as this homemade sesame dressing i made our favorite miso dressing which is packed with umami if you can t find the mix substitute it with wakame seaweed the kind you see in miso soup seaweed based biodegradable packaging a green alternative for a plastic free future springerlink home harnessing microbial potential for multifarious applications chapter seaweed based biodegradable packaging a green alternative for a plastic free future chapter first online 10 april 2024 pp 271 295 cite this chapter

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