

Shio-wakame

Shio-wakame is an island delicacy traditionally prepared along the coastline of Wagu village from February through May. Carefully cultivated wakame seaweed is collected and cooked in large cauldrons, and then seasoned with sea salt. During this time, the island produces some 200 tons of this popular ingredient, and the aroma of simmering seaweed fills the air. Wakame cultivated in these calm waters is thought to be more tender than the plants that grow naturally in other areas.