

## Seaweed Chips

Gracilaria seaweed, locally known as “Gulaman Dagat” grows abundantly in Lingayen Gulf. This seaweed is edible and eaten fresh in the form of salad by the elders. This seaweed is the source of agar. It is rich in carbohydrates and other nutrients such as crude protein, crude fat and ash. It can be made into chips and a potential livelihood project. It has an ROI of 68%.



### Equipment needed:

- Measuring Spoons
- Measuring Cup
- Ladle
- Frying pan
- Stove

### Ingredients:

- 50 grams Gracillaria
- 50 grams Ordinary flour
- 1 tsp White pepper
- 1 tsp Garlic powder
- 1/4 tsp Iodized salt
- 1 tsp Cheese
- 1 tsp Shrimp powder
- 1 tsp Baking powder

### Procedure:

1. Weigh about 100g of dried Gracilaria.
2. Wash in running water for 3-5 minutes.
3. Boil the Gracilaria in a casserole filled with water.
4. Boil the Gracilaria until tender.

### Procedure in Cooking Chips:

1. Measure all the ingredients.
2. Mix all the ingredients.
3. Knead manually and further knead with the use of noodle machine.
4. Cut into desired size.
5. Deep fry in hot oil.
6. Let it cool.
7. Pack in a polyethylene bag.