



Lupine Cress

Lupines

Origin	South Europe
Taste / Aroma	Good bite, slightly bitter, fresh beans, crispy
Season(s)	Spring, Summer, Autumn, Winter, BBQ, Coquille St Jacques, Easter, Fathers Day, Game, Mushroom, Pumpkin
Storage	Cold, 2-7 °C

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TASTE FRIENDS

The Lupine Cress has a long shelf life, is easy to use, is an excellent substitute for vegetables in side dishes, and makes a great garnish for vegetarian dishes. The Lupine Cress also matches very well with light, easily digestible fish and white meat dishes.

ORIGIN

The Lupine Cress originates from the Mediterranean region. It was primarily found on the Iberian peninsula and in Greece, but historically its name has also been mentioned in Italy. The coarse seeds were used as play money in the Roman era.

AVAILABILITY

Lupine Cress is available all year round and can be kept at a temperature of between 2-7°C for up to seven days. Produced according to socially responsible cultivation methods, Lupine Cress satisfies hygiene standards in the kitchen. You can use this product directly, as it is cultivated cleanly and hygienically.

ALLERGENS

Lupine is a known allergen. Lupine has a so called cross allergy with peanut allergy.

SPECIFICATIONS

Taste	Sweet, Salty, Sour, Bitter, Umami
Cultures	Alpine, Dutch, French, Greek, Italian, Mediteranean, Spanish, Swiss
Packaging	Solitair (16 items), CressSingle
Usage	Blanching, Blending, Emulsify, Fermenting, Oil, Pickling, Smoke, Steaming, Stir frying
Colors	White, Green
Dishes	Crustaceans, Fish, Functional, Lunch, Main course, Meat, Pasta, Poultry, Salad, Soup, Vegetarian, Vegetables
Taste Friends	Prawns, Lobster, Crab, Crustaceans others, Cod, Eel, Monkfish, Salmon, Fish (saltwater), Fish (freshwater), Cucumber, Eggplant, Olives, Pumpkin, Tomato, Chives, Fennel, Mint, Tarragon, Anise, Beans, Beef, Goat, Lamb, Offals, Porc, Sheep, Veal, Meat, Shiitake mushroom, Truffle, Mushrooms (others), Walnut, Chicken, Duck, Goose, Pheasant, Pigeon, Quail, Turkey, Poultry (other), Squid, Black pepper, Mustard, Chili, Avocado, Carrot, Cauliflower, Garlic, Ginger, Horseradish, Onion, Potato, Butternut squash, Sweet potato, Couscous, Egg, Ponzu, Rice, Soy sauce, Sugar, Tofu, Yuzu
Nutrients	L-Lysine
Latin Name	Lupines
Synonyms	Wok, Curry, Swiss Cress, Bean Cress
Dimensions	" Minimum 6cm and maximum 9cm height above the growing medium. Approximately 20-25 cress plants in a cup."
Microbiological standards	"Pathogens: Salmonella Absent in 25 g, Listeria monocytogenes Absent in 25 g, Staphylococcus aureus <1.105 cfu per g, Bacillus cereus <1.105 cfu per g, EHEC/STEC Absent in 25 g"