



RucolaCress®

Eruca

Origin	Africa, Asia, South Europe
Taste / Aroma	Nuts
Season(s)	Spring, Summer, Autumn, Winter, Asparagus, BBQ, Coquille St Jacques, Easter, Game, Mushroom, Mussel, Oyster, Pumpkin, Strawberry, Truffle
Storage	Cold, 2-7 °C

The taste of young spicy nuts. It is amazing how much flavour there is in such a small leaf.



TASTE

RucolaCress® is the Koppert Cress brand name for an edible plant. The RucolaCress® delivered by Koppert Cress has an extremely strong taste. It is amazing how much flavour there is in such a small leaf. The taste reminds of nuts.

TASTE FRIENDS

The extra fine leaves from the RucolaCress® make it suitable for decorating items with a blunt taste, but it also works well in a salad and in a mashed potato. In case it is cooked, e.g. in a pasta sauce with some ham, cheese, cream and shallots. We recommend that if you use it in cooked dishes, you add it last. RucolaCress® makes a fantastic pasta sauce.

ORIGIN

Rucola is one of those typical Mediterranean ingredients known from the Italian, Greek, Portuguese and Spanish kitchen. But don't forget the Middle East, Egypt and the rest of Northern Africa. Today it is considered a global vegetable. The outspoken taste is very decisive for the dish. It can be cooked or eaten raw. In our case with the small size of the leaves, we recommend to use them raw.

AVAILABILITY

RucolaCress® is available year round and can easily be stored for up to seven days at a temperature of 2-7°C. Produced in a socially responsible culture, RucolaCress® meets the hygienic kitchen standards. The product is ready to use, since it is grown clean and hygienically.

ALLERGENS

Rucola is not a known allergen, but it does contain the substance that causes an allergic reaction to mustard.

SPECIFICATIONS

Taste	Bitter, Sour, Umami
Cultures	Alpine, Arabic, Balkan, Baltic, Dutch, French, Greek, Italian, Mediteranean, Persian, Peruvian, Spanish, Turkish, Oriental
Usage	Baking, Canning, Extracting, Fermenting, Gel, Marinating, Oil, Pasta / Dough, Pickling, Smoke, Sous vide, Stir frying, Syrup
Colors	Green
Dishes	Breakfast, Cheese, Crustaceans, Fish, Functional, Game, Grill, Lunch, Main course, Meat, Pasta, Pizza, Poultry, Salad, Sandwich, Snack, Soup, Starter, Sushi, Vegetarian, Vegetables
Taste Friends	Mozzarella, Cheese (others), Prawns, Lobster, Crab, Crustaceans others, Cod, Eel, Monkfish, Salmon, Fish (saltwater), Fish (freshwater), Shellfish, Apple, Apricot, Coconut, Corn, Cucumber, Eggplant, Figs, Grapefruit, Kalamansi, Lemon, Lime, Mandarin, Mango, Olives, Orange, Peach, Pineapple, Pomegranate, Pumpkin, Strawberry, Tomato, Watermelon, Deer, Rabbit, Game (other), Basil, Chives, Dill, Fennel, Mint, Parsley, Sage, Ants, Insects (others), Beans, Beef, Dried ham, Goat, Lamb, Offals, Porc, Sheep, Veal, Meat, Porcini mushrooms, Truffle, Mushrooms (others), Almonds, Hazelnut, Pistachio, Walnut, Nuts, Chicken, Duck, Goose, Pheasant, Pigeon, Quail, Turkey, Poultry (other), Scallop, Oyster, Squid, Black pepper, Mustard, Salt, Vanilla, Chili, Artichokes, Asparagus, Avocado, Beetroot, Celery, Carrot, Cauliflower, Chicory, Garlic, Ginger, Horseradish, Kale, Kidney beans, Lettuce, Onion, Potato, Radish, Butternut squash, Bread, Couscous, Egg, Olive oil, Pumpkin seeds, Rice, Seaweed, Soy sauce, Tofu
Nutrients	Vitamin A, Iron, Vitamin C
Latin Name	Eruca
Synonyms	Baby Rucola, Caprese

Dimensions

Min. 3 cm and max.12 cm above the growing medium.
The diameter of a germinated leaf must be minimum 0.4 cm and maximum 1.5 cm. There should be so many seeds on the growing medium that, with a fully grown cress, no gaps appear between the cress leaves.

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"