



Shiso Green

Perilla

Origin	Asia
Taste / Aroma	Mint, anise
Season(s)	Spring, Summer, Winter, Asparagus, Coquille St Jacques, Easter, Fathers Day, Game, Lobster, Mothersday, Mussel, Oyster, Pumpkin, Rhubarb, Strawberry, Valentine's Day
Storage	Warm, 12-16 °C

In Japan, there is actually no fish dish without Shiso. The taste of this plant belongs to raw fish. This does not prevent the non-Japanese chef from using it too.



TASTE

The taste of Shiso Green combines very well with (raw) fish.

TASTE FRIENDS

It fits very well on a plateau of cheese, in a salad and on a sandwich. As fresh tuna fish is widely available, try raw tuna tartar in combination with the Shiso Green it is a winner. Another option is making it part of a Beef Carpaccio.

ORIGIN

Shiso Green is commonly used in North East Asia. Hardly any fish is eaten without the green leafed herb. One reason is the preventive effect of this plant towards food poisoning (Not a bad idea if one considers that most fish is consumed raw). Both the green and the red Shiso are known in Asia as ingredient against food poisoning, with conserving characteristics and the ability to improve intestine activity.

AVAILABILITY

Shiso Green is available year round and can easily be stored for up to seven days at a temperature of 12-16°C. Produced in a socially responsible culture, Shiso Green meets the hygienic kitchen standards. The product is ready to use, since it is grown clean and hygienically.

SPECIFICATIONS

Taste	Bitter, Sour, Sweet
Cultures	Asian, Chilean, Chinese, Creolic, French, Indian, Indonesian, Italian, Japanese, Korean, Mediteranean, Persian, Portugese, Spanish, Thai
Packaging	Solitair (16 items), CressSingle
Usage	Baking, Blanching, Blending, Blitzing / Mashing, Breadding, Chopping, Cold infusion, Confiture, Drying, Extracting, Fermenting, Freezing, Gel, Hot infusion, Macerate, Marinating, Oil, Pasta / Dough, Pickling, Smoke, Sous vide, Stir frying, Syrup
Colors	Green
Dishes	Alcohol, Breakfast, Cheese, Cocktail, Crustaceans, Dessert, Fish, Fruit, Functional, Game, Infusion, Lunch, Main course, Meat, Pasta, Pastry, Pizza, Poultry, Salad, Sandwich, Snack, Soup, Starter, Sushi, Tea, Vegetarian, Vegetables, Water
Taste Friends	Gin, Rum, Vodka, Cheese (others), Chocolate, Prawns, Lobster, Crab, Crustaceans others, Cod, Eel, Monkfish, Salmon, Fish (saltwater), Fish (freshwater), Shellfish, Apple, Apricot, Banana, Berries, Blueberry, Cherry, Citrus, Coconut, Corn, Cucumber, Eggplant, Figs, Grapefruit, Grapes, Kalamansi, Lemon, Lime, Mandarin, Mango, Olives, Orange, Passion fruit, Peach, Pear, Peas, Pineapple, Plum, Pomegranate, Pumpkin, Raspberry, Red fruit, Strawberry, Tomato, Watermelon, Deer, Rabbit, Game (other), Basil, Mint, Tarragon, Beans, Beef, Dried ham, Goat, Lamb, Offals, Porc, Sheep, Veal, Meat, Porcini mushrooms, Shiitake mushroom, Truffle, Mushrooms (others), Almonds, Hazelnut, Pistachio, Chicken, Duck, Goose, Pheasant, Pigeon, Quail, Turkey, Poultry (other), Scallop, Oyster, Squid, Cinnamon, Cumin, Vanilla, Chili, Artichokes, Asparagus, Avocado, Beetroot, Celery, Carrot, Cauliflower, Chicory, Garlic, Ginger, Horseradish, Kale, Kidney beans, Lettuce, Onion, Rhubarb, Couscous, Egg, Olive oil, Ponzu, Rice, Soy sauce, Sugar, Tofu, Yuzu, Tonic
Nutrients	Riboflavin / Vitamin B2, Vitamin C, Calcium
Latin Name	Perilla
Synonyms	Wok, Curry, Perilla Cress, wilder Sesam
Dimensions	Min 3 cm and max 12 cm above the growing medium. The diameter of a germinated leaf must be min 0.8 cm and max 2 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"