



Shiso Leaves Green

Perilla

Origin	Asia
Taste / Aroma	Mint, anise
Season(s)	Spring, Summer, Autumn, Winter, Asparagus, Coquille St Jacques, Lobster, Mussel, Oyster, Rhubarb, Strawberry, Valentine's Day
Storage	Cold, 2-7 °C

Shiso Leaves Green (Perilla) in Japan called 'Oba'. There is no (raw) fish dish without one or more leafs.



TASTE

The very mild, but outspoken, taste with its strong fragrance makes it suitable to mix it into a salad. Take a small slice of fresh tuna, dip it in some Kikkoman soy sauce, wrap it into Shiso Leaves Green and be amazed. A treat to your mouth.

TASTE FRIENDS

Try fresh tuna tartar mixed with fine shallots, some pepper and salt, a touch of soy sauce and some fresh chopped Shiso Leaves Green on top. In Asia it is popular as a tempura. But as a variation we have fried a (well-dried with tissue paper) leaf in oil, and used it as decoration on a piece of meat. (dry it after frying on some paper and add some sea-salt.

ORIGIN

Shiso Leaves Green in Japan called 'Oba'. There is no (raw) fish dish without one or more leafs. The main reason, next to its good taste, is the belief that the leaf is an intestine stimulant and protects against (mild) food poisoning.

AVAILABILITY

Shiso Leaves Green are available year round and can easily be stored for up to nine days at a temperature of 2–7°C. The optimum temperature for maintaining the best quality is between 2–4°C.

Produced in a socially responsible culture, Shiso Leaves Green meet the hygienic kitchen standards. The products only need rinsing, since they are grown clean and hygienically.

Tray: 15 pcs

Box: 12 x 15 pcs (30x40x14 cm)

Box: 2 x 90 pcs (30x40x14 cm)

Box Medium: 6 x 15 pcs (30x20x14 cm)

SPECIFICATIONS

Taste	Sweet, Salty, Sour, Bitter, Umami
Cultures	Asian, Chinese, Creolic, Indian, Indonesian, Japanese, Korean, Thai
Usage	Baking, Blanching, Blending, Blitzing / Mashing, Bruising, Canning, Chopping, Confiture, Covering, Decoration, Deep frying, Extracting, Fermenting, Freezing, Garnish, Gel, Hot infusion, Marinating, Pickling, Smoke, Sous vide, Steaming, Stir frying, Syrup
Colors	Green
Dishes	Alcohol, Breakfast, Cocktail, Crustaceans, Dessert, Fish, Fruit, Functional, Infusion, Lunch, Main course, Meat, Salad, Sandwich, Snack, Soup, Starter, Sushi, Tea, Vegetarian, Vegetables, Water
Taste Friends	Gin, Vodka, Cheese (others), Chocolate, Prawns, Lobster, Crab, Crustaceans others, Cod, Eel, Monkfish, Salmon, Fish (saltwater), Fish (freshwater), Shellfish, Apple, Banana, Citrus, Coconut, Cucumber, Grapefruit, Kalamansi, Lemon, Lime, Mandarin, Mango, Orange, Passion fruit, Peach, Pear, Pineapple, Plum, Pomegranate, Pumpkin, Raspberry, Red fruit, Strawberry, Watermelon, Rabbit, Mint, Ants, Insects (others), Beans, Goat, Lamb, Porc, Veal, Porcini mushrooms, Shiitake mushroom, Mushrooms (others), Almonds, Hazelnut, Pistachio, Walnut, Chicken, Duck, Goose, Pheasant, Pigeon, Quail, Turkey, Poultry (other), Scallop, Oyster, Squid, Vanilla, Chili, Asparagus, Avocado, Celery, Cauliflower, Ginger, Lettuce, Onion, Couscous, Olive oil, Ponzu, Rice, Seaweed, Soy sauce, Sugar, Tofu, Yuzu
Latin Name	Perilla
Synonyms	wilder Sesam, Nigiri Sushi, Umeboshi, Tataki, Egoma, Kkaennip

Dimensions	Leaf is between 6 and 15 cm long, from the start of the stem to the leaf tip
Voedingswaarden	"Energy: 35 kcal / 146 kJ Fat: 0.1 g Of which saturates: - g Carbohydrate: 5.5 g Of which sugars: - g Protein: 5 g Salt: - g Calcium: 220 mg Iron: 1.6 mg Vitamin A: 0.013 mg Vitamin B1: 0.12 mg Vitamin B2: 0.32 mg Vitamin C: 55 mg"
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"