

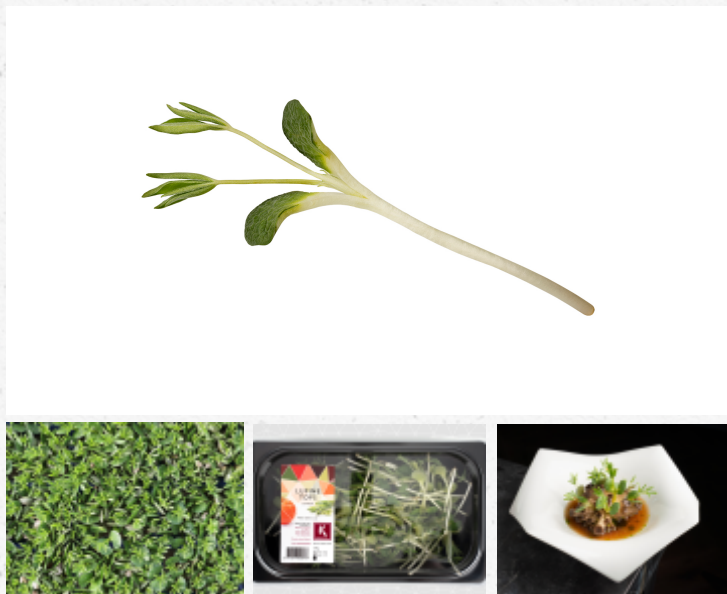


# Lupine Tops

*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                                                                                           |

The Lupine Tops are young shoots of the lupine plant, which is from the same family as Lupine Cress.



## TASTE

Lupine Tops have a fresh, crisp and slightly bitter bean-like flavour. Sweet at first, followed by a subtle lingering bitterness. When heated with oil, a delicious nutty undertone develops. With its good bite, it makes a good addition to both hot and cold dishes.

## TASTE FRIENDS

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

## ORIGIN

The Lupine Tops 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 Tops 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 Tops 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 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, Protein cress, Vegan cress, Plantaardige proteïne, Lupine, Vega cress                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Dimensions                | " Minimum 6, maximum 12 cm"                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 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"                                                                                                                                                                                                                                                                                                                                                                                                                 |