



# KOPPERT CRESS

*Architecture Aromatique*

## Sea Fennel

### Rock Samphire

<b>Taste</b>	Aromatic, herbs, asparagus
<b>Usage</b>	Fish, crustaceans / scallops, use blanched
<b>Culture</b>	Socially responsible culture with biological crop protection
<b>Availability</b>	Year round
<b>Storage</b>	Up to nine days at 2-7°C

### Taste and Usage

Sea Fennel has a number of uses in the culinary field. Working with Sea fennel requires precise dosage due to its concentrated aromas. When it is blanched, the full asparagus flavour is most evident. Sea Fennel does well with fatty ingredients and is good in combinations with shellfish. The plant is also said to have a diuretic effect, to cleanse toxins and improve digestion. However, there is no scientific proof for this.

### Origin

A plant found from the beaches of the Black Sea to the coast of the North Atlantic ocean. Also found on mediterranean coastlines, but is a protected species under threat of extinction. A plant found from the beaches of the Black Sea to the coast of the North Atlantic ocean. Also found on Mediterranean coastlines, but is a protected species under threat of extinction. Sea Fennel is known to contain about thirty essential oils, such as gamma terpins (found in citrus fruits) sabinenes (found in carrots) beta phellandrenes (anis, sellery, fennel) and methylthymol (Thyme).



Sea Fennel (*Crithmum*)

### Availability and Storage

Sea Fennel is year round and can easily be stored for up to nine days. The storage temperature for this product is between 2° and 7° C. The optimum temperature for maintaining the best quality is between 2° and 4° C.

Produced in a socially responsible culture, Sea Fennel meets the hygienic kitchen standards. The products only need rinsing, since they are grown clean and hygienically.



Zoet/Sweet/  
Süß/Doux



Umami



Zuur/Sour/  
Saur/Aigre



Bitter/Amer



Zout/Salt/  
Salzig/Salé