*Fresh Vegetable*

# FRENCH BEAN



Ref: FBE-01

Italian name: Fagiolini

Weight order: 3 kg

Description: French beans have a thin, cylindrical shape with plump indentations along their contour, outlining the peas inside, which are shelled tightly within the bean flesh. The peas, which are essentially the bean's seeds, are a vibrant lime green in color, semi starchy in texture with a mild taste of the beans sweet and grassy flavors. French beans provide less starch and protein than dried bean varieties, though they have higher levels of Vitamin A and Vitamin C.

Season: all year round but best in Summer

Serving suggestion: Young French bean pods may be prepared whole, eaten raw, or lightly steamed or sauteed. Use in salads or saute with other vegetables and may also be canned and quick-pickled. Pair with summer vegetables such as squash, eggplant, and tomatoes; compliment with fresh herbs, citrus, nuts, raisins or currants, and mild cheeses.

ELLERMANN TRADING LIMITED
http://www.ellermann.hk info@ellermann.hk Tel +852 3187 7488 Fax +852 3421 2262
603 Shun Kwong Commercial Building, 8 Des Voeux Road West, Sheung Wan, Hong Kong