Fresh Vegetable

ROMAN MINT



Ref: ARH-01

Italian name: Menta romana

Weight order: 100 g each bundle

Description: The Roman Mint is very similar, if not equal, to the peppermint. It differs from it only by its much more delicate scent which makes the Roman mint used most frequently in the kitchen than peppermint. Mint is rich in vitamin A and vitamin C as well as in the trace mineral manganese. In addition to being a popular culinary herb mint is prized for the medicinal and therapeutic properties of its aromatic oil.

Serving suggestion: It is used strictly fresh to flavor especially the lamb, which makes it more digestible. In addition, it's perfect to flavor grilled eggplant while and in the cuisine of Lazio, is used to prepare the characteristic "trippa alla Romana".

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