Fruits

POMEGRANATE

Ref: POM-01

Italian name: Melograno

Weight order: 4-5 kg

Description: They have a round shape, like an apple, with a hard, shiny skin blushed with red or yellow. Inside, scores of edible little white seeds are held in jewel-like, ruby-coloured sacs filled with sweet, juicy flesh.

The sacs themselves are packed in a bitter, pale yellow pith. Pomegranates have always been highly prized for their flavour, but their recent emergence as a highly nutritious superfood, packed with antioxidant vitamins, has made them even more popular. The skin and the pith should not be eaten.

Season: from September to December

Serving suggestion: Eat straight from the shell using a toothpick. Scatter the juicy sacs over salads, fresh-cut fruit; use in marinades or rice dishes. Use to decorate duck, fish, chicken or pork.

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