

EXOTICS & ASIAN FLAVOURS

Chayote

A pear-shaped tropical vegetable, crunchy and mild.

Chayote, called christophine in the West Indies, is a light green, pear-shaped vegetable. Its flesh is crunchy, juicy and mild, between courgette and cucumber. It can be eaten raw or cooked. It is delivered loose.

FLAVOUR
mild, fresh

Seasons and origins

Available occasionally (March to May, August to December) in small quantities: to order, depending on arrivals.

Pack sizes

- **Loose**

In the kitchen

- In a gratin
- Stuffed
- Raw, grated in a salad

Orders and prices

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