

EXOTICS & ASIAN FLAVOURS

Lotus root

A crunchy root whose slices reveal a natural lace pattern.

Lotus root is an elongated rhizome whose flesh, once sliced, reveals a very graphic pattern of cavities. Its texture stays crunchy after cooking and its flavour is mild, lightly sweet. It is stir-fried, deep-fried as crisps, braised or marinated, and widely used in Asian cuisines.

FLAVOUR

Mild, crunchy, lightly sweet

Seasons and origins

Peak season · Early · Late · Rare

	J	F	M	A	M	J	J	A	S	O	N	D
Availability	●	●	●	●	●	●	●	●	●	●	●	●

Indicative calendar based on our sales. Our sales team will confirm current availability.

Pack sizes

- **Loose 10 kg**

In the kitchen

- As fried crisps for decoration
- Wok-fried with soy and sesame
- Marinated in rice vinegar

Orders and prices

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