

SPECIALITY VEGETABLES

Samphire

Fleshy, crunchy stems with the salty taste of the sea.

Samphire is a plant of salty environments, with fleshy, jointed green stems. Crunchy and naturally salty, it offers an iodine flavour that goes perfectly with fish and shellfish. It is served raw in small quantities, blanched, sautéed in butter or preserved in vinegar.

FLAVOUR
Salty, briny, crunchy

ORIGIN
Morocco

Seasons and origins

Peak season · Early · Late · Rare

	J	F	M	A	M	J	J	A	S	O	N	D
Morocco	○	○	●		●	●				●	●	

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

Pack sizes

- **Bulk 1 kg** — Morocco
- **Punnet 150 g × 6** — Morocco

In the kitchen

- Sautéed in butter with fish
- Blanched in a shellfish salad
- Preserved in vinegar as a condiment

Orders and prices
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