

Mint (*Mentha spicata*) Use 1-2 tsp for 4 servings

Description

Mint has a strong refreshing flavour, which adds an extra dimension to both sweet and savoury dishes.

Mint complements - lamb, veal, rabbit, new potatoes, peas, vegetables, salads, tomatoes, soups, jelly, fresh fruits.

Whilst traditionally used in the UK as a summer herb for flavouring lamb, new potatoes and peas, Mint is used in many dishes from the Middle East. It is one of the ingredients in Tunisian hot chilli sauce, often used as a table sauce, or as an ingredient in meat and vegetable stews.

Did You Know?

The Latin name 'mentha' comes from 'menthe', a charming nymph who was changed into the Mint plant by Proserpine, the wife of Pluto, in a fit of jealousy. Mint symbolises hospitality. It repels rats and mice, relieves wasp stings and was used by the Romans to whiten teeth.

Quality

Dried Mint should have a good green colour and a strong Mint flavour. If kept well sealed and away from sunlight it will not lose these properties.

Usage

Tabbouleh is a Middle Eastern speciality made with Bulgar wheat, tomatoes, Mint, Parsley and lemon juice.

In India, Mint is used in raitas as a refreshing side dish to hot curries.

Mint tea is especially refreshing in summer and is excellent as a digestive.

Sprinkle Mint onto green salads.

In Greece, dolmades is a dish of cabbage or vine leaves stuffed with a mixture of rice, minced lamb, tomatoes, onions, Parsley and Mint, simmered in a little water and served with an egg and lemon sauce.



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Aubergine with yoghurt sauce, bonjam borani is a dish, which combines three ingredients essential to Afghanistan cooking: Garlic, Mint and yoghurt.