
Fresh Vegetable
PENNYROYAL



Ref: ARH-02

Italian name: Mentuccia

Weight order: 100 g per bundle

Description: Pennyroyal was commonly used as a cooking herb by the Greeks and Romans. The ancient Greeks often flavoured their wine with pennyroyal. A large number of the recipes in the Roman cookbook of Apicius call for the use of pennyroyal. Now a day it is used fresh to flavor meat, especially lamb.

Serving suggestion: Pennyroyal it's used fresh, preferably freshly picked, to add flavor to mushrooms, gravies, in particular, it is essential for the preparation of artichokes.