

Shake it up!

# ASIAN Favorites



## BASIL - THAI

133060 1 lb

Thai basil has lots of peppery, anise-like and warm spicy flavors. It is aromatic as it is tasty.



## BEANS - CHINESE LONG-S.O.

107800 10 lb

The beans are best sautéed, stir-fried or deep fried, their flavor intensifies and their texture remains tight.



## BITTERMELON / DO QUA-S.O.

147820 30 lb

To untrained taste buds, bitter melon is nearly inedible in its raw state, but its flavor can be softened when prepared.



## CHILE PEPPER - THAI

899170 1 lb

Also Known as Bird's Eye, it is well known across the globe for the spice and flavor it lend to Southeast Asian cuisine.



## CHOI SUM

112780 30 lb

Its green leaves are juicy and tender. If allowed to mature and bolt, the plant becomes sweeter and more succulent.



## COCONUT - THAI

119200 9 ct

Thai Coconuts serves multiple purposes - from its refreshing water, tender meat, to a stylish cocktail.



## CUCUMBER - PICKLING

120820 40 lb

Can be eaten fresh and their flavor can range from mild and insipid to acidic and bitter.



## EGGPLANT - CHINESE

123400 5 lb

They are known to have the sweetest, mildest flavor of all eggplant varieties. Their flesh is cotton white and semi-firm.



## EGGPLANT - JAPANESE-S.O.

FP 600108 10 lb

Flavor is mild and because it is nearly seedless, it doesn't possess that bitter taste found in many western varieties.



## GAI CHOY-S.O.

132170 30 lb

Flavor is pungent, peppery and reminiscent of wasabi mustard with a more robust depth when cooked.



## GAI LAN

111820 35 lb

Flavor is similar to broccoli, both bitter and sweet. Its flavor mellows with cooking.



## GALANGA

180700 5 lb

Floral and spicy aroma with earthy, woody and mustard-like flavors with subtle citrus undertones.



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## LEMON GRASS

134800 1 lb

Younger lemon grass will display a sweet tropical citrus aroma reminiscent of natural fruit loops.



## PEA - SNOW

163240 10 lb

Both the peas and pod are edible and have a sweet pea flavor and tender yet crisp texture.



## OKRA

156040 15 lb

Okra has a lean flavor and pairs well with basil, bacon, beet greens and butter.



## RAMBUTAN

180160 5 lb

Flesh is juicy, milky-white, translucent in color, with an almond-like taste. The flavor is more acidic than the lychee.



## PAPAYA - THAI

161680 40 lb

The flesh's flavor is lean and subtly sweet. Its seeds are tart and peppery, they can be used as pepper substitute.



## RED DRAGON FRUIT

121835 10 lb

Flesh is mild-flavored, soft and juicy, but will hold its shape when cut. Color is bright red giving an exotic appearance.



## PASSION FRUIT

162820 10 lb

Its pulp has a tropical sweet tart flavor with nuances of pineapple, papaya, mango, citrus and guava.



## STAR FRUIT

113860 8 lb

Pleasantly citric, the complex taste of this attractive fruit is a combination of plum, apple, pineapple, lemon and grape.



## PEA - SUGAR SNAP

163540 10 lb

The result of breeding a snow pea and a mutant pea, is this snappy sweet pea with thicker walls and plump pods.



## TARO ROOT (LARGE)

899200 5 lb | 145600 30 lb

Resembles a sweet potato in shape and texture of a coconut. Flavor is mild and slightly nutty.

