

## CASTELLUCCIO LENTILS PGI



**CODE** 93043

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**COUNTRY OF ORIGIN** Italy, Umbria

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**WEIGHT** 250 g

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Castelluccio Lentils PGI grown on Norcia plateau

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**RAW MATERIAL**

Lentils grown on Norcia plateau

**APPEARANCE**

Seeds are particularly small and with a very thin skin and soft: for this reason there's no need to leave Castelluccio lentils to soak

**PRODUCER**

Natura Distribuzione - Parco Sereno - Norcia (PG) - Umbria

**OUR SELECTION**

Castelluccio lentils have very good nutritional qualities: they contain proteins, vitamins, fibers and mineral salts, perfect for a nutrient low-fat diet, rich in iron, potassium and phosphorus

**CURIOSITY**

Parco Sereno selects the best lentils produced by Cooperativa della Lenticchia di Castelluccio di Norcia and guarantees that they are grown exclusively on Castelluccio di Norcia plateau, in the protected area of Monti Sibillini National Park, at 1500 meters of altitude. Lentils are cleaned and selected by hand according to rural tradition of Umbria region

**SUGGESTIONS**

Don't give lentils a soak. It is suggested to sort the product before cooking. Cooking suggestions: put the lentils in cold water and boil them for 30 minutes. Salt them at your pleasure at the end

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