

## **PÖDÖR expands its product range to include an exclusives organic garden cress oil**

It is fine, precious and has a wonderfully full-bodied flavour: the oil from the seeds of garden cress. PÖDÖR, the premium producer of fine oils, has further expanded its portfolio and now offers discerning chefs a newly-developed garden cress seed oil, which lends food an exquisite and inimitable aroma and flavour.

The premium oil from the house of PÖDÖR is made of 100% natural organic garden cress seeds of the highest quality and is cold pressed with the knowledge gained from many years of experience. The result: a very fine and high-quality seasoning oil with the peppery-tangy aroma of garden cress. The organic garden cress seed oil from PÖDÖR is an excellent accompaniment for salads, condiments and soups, and can be used to refine all kinds of hot side dishes.

As this healthy and nutritional oil is sensitive to high heat, it should only be eaten cold or warmed only slightly. This ensures preservation of the value substances in the oil and enables it to unleash the full potential of its flavour and aroma.

Cold pressed garden cress seed oil has an ideal balance of Omega-3 and Omega-6 fatty acids – a rare combination that has an extremely positive influence on the human immune system and lowers cholesterol levels. Thanks to the portion of Omega-3 fatty acids, garden cress seed oil is especially well-suited for vegetarians and vegans, as this valuable ingredient is not otherwise absorbed in adequate amounts from food.

These special fatty acids regulate cell metabolism and hormone levels. Thanks to the polyunsaturated alpha-linolenic acid in garden cress seed oil it also possesses anti-inflammatory properties.

## About PÖDÖR

A family-run business, PÖDÖR has been developing and producing premium oils and vinegars since its founding in 2011. The PÖDÖR press master is a co-founder of the company and has been producing cold pressed seed oils for four generations now. So PÖDÖR can draw on more than 100 years of experience in the production of the highest quality oils, to develop products that are in line with the zeitgeist of today's discerning consumers. PÖDÖR operates in more than 10 countries worldwide, including England, Germany, USA, Australia, Japan, Taiwan, Hungary, Austria and Switzerland. PÖDÖR is a rapidly growing international premium brand and currently exports over 90 percent of its production.

PÖDÖR – the best from the seed: Only thoroughly cleaned, 100% natural top quality raw materials are hand-pressed by the most experienced press masters. All products are bottled only after the strictest quality control, in order to preserve the healthy, unsaturated fatty acids and vitamins. The product range currently encompasses 27 cold pressed premium oils, most of which are certified organic, as well as more than 20 different fruit and balsamic vinegars. PÖDÖR supplies the international gourmet cuisine market, including many star chefs, as well as premium retail food outlets. All products can be bought in select specialty shops and in the company's own online shop.

## Press contact

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