



THAWING AND REVITALIZATION

There is nothing better for thawing or revitalizing seafood than immersing it in its natural environment. With **Mhare Sea Water**, your fish will be just like freshly caught.



100%
revitalization of
live bivalve
mollusks



100%
thawing
(regeneration)
of seafood
products



COOKING FISH AND SEAFOOD

Try cooking seafood in our **Mhare Sea Water**: it will preserve its natural qualities, maintaining flavor, brightness, and texture.



30%
shellfish and
seafood



50%
fish



COOKING PASTA, VEGETABLES AND MEAT

Instead of boiling pasta, rice, grains, vegetables, and meat in salted water, try using **Mhare Sea Water** to enhance flavors and create dishes with less sodium.



60%
meat



40%
pasta, grains,
tubers, and
roots



30%
vegetables



DOUGH PREPARATION FOR BAKING

Try kneading flour with **Mhare Sea Water**. You will obtain bread, savory pies, and pizzas that are tastier, softer, and more digestible. It is the secret of the best Neapolitan pizzerias.



100%
pizza, bread,
focaccia,
savory pies



PREPARATION OF DRINKS AND COCKTAILS

Prepare delicious isotonic drinks with **Mhare Sea Water**. You will quickly replenish the mineral salts lost due to heat or physical activity.



25%
isotonic drinks



AS A SUBSTITUTE FOR TABLE SALT

Spray **Mhare Sea Water** on salads, grilled vegetables, and cold dishes. You will achieve a richer flavor and it will help you maintain a low-sodium diet.



100%
salads, cold
dishes, grilled
vegetables