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**Hilton London Metropole Introduces the “Fifth Flavour”**

*Fiamma Restaurant debuts new umami dishes*

**LONDON – 30 March 2017** – Staying on top of the city’s latest trend and furthering its commitment to healthy eating, [Hilton London Metropole](#) has introduced umami, the “fifth flavour”, to its menu. Promoting a healthy lifestyle through its low sodium content and high levels of glutamates, the new umami dishes in the hotel’s *Fiamma* restaurant offer diners a unique palate-teasing experience, using a distinctive taste that leaves a big impression.

Kikunae Ikeda, a Japanese chemist and food fanatic, discovered the “fifth taste” at the turn of the 20<sup>th</sup> century. Umami – a collection of naturally occurring flavours – has basic yet strong savoury properties that enhance taste without the need for high levels of salt. Most commonly associated with traditional Asian cuisine, but increasingly popular in modern-day dining, it enables the development of food with less sodium, improving the taste of everyday meals, and low-fat food too. The very definition of ‘mouth-watering’, umami is quite literally on the tip (and entire surface area!) of the tongue, triggering a moreish, roof-of-the-mouth sensation! Umami contributes to a healthy diet, improving appetite, aiding digestion and lowering salt intake, and it can even help to control blood pressure.

The Hilton London Metropole team have revamped their menu, with one third of their starters and mains in *Fiamma* now umami dishes. Popular menu choices include:



### **Marinated Spiced Cod Cakes**

*With spring onion salad and Umami dipping sauce*



### **Roast Sea Trout Fillet**

*With mussels, sun blush tomato mash, tarragon nage*



### **Lamb Rump**

*With sweet potato salad, pomegranate, kale and mint yoghurt.*

On launching the new menu, Omer Lang, Director of Operations, Hilton London Metropole, said: “We are passionate about offering diners a memorable experience that is both delicious and on trend. Our dedicated team is excited to introduce umami dishes to further our commitment to healthy dining and cutting edge gastronomy; and we are thrilled with the results! Diners can expect a new and unique flavour sensation that is also good for them. At Hilton London Metropole, health is always on the menu.”

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### **About Hilton London Metropole**

Just 10 minutes from Oxford Street and Hyde Park, and 2 minutes from the London Underground, Hilton London Metropole is situated in the heart of London. With over 1,000 stylish guest rooms, a range of exciting dining options, over 4,300 m of meeting and event space and the LivingWell Health Club with a 12.5m heated pool, the hotel is the perfect choice for business or pleasure. Visit [londonmet.hilton.com](https://londonmet.hilton.com) for more information and connect with Hilton London Metropole on [Facebook](#), [Twitter](#), [LinkedIn](#) and [Instagram](#).

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