

## Cumin Seed (Cuminum cyminum)

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Use 1-2 tsp for 4 servings

### **Description**

Cumin has an earthy, pungent, aromatic flavour which is slightly bitter but not hot. Cumin complements - chicken, lamb, cheese, vegetables, rice, lentils, curries, Mexican dishes, tomato sauce, bread.

### **Did you know?**

Cumin was used by the Romans in place of Pepper. It was also ground to a paste and spread on bread. Cumin is said to keep lovers faithful and was often used in love potions. It has been used as a condiment in England since the 13th century and was a taxable import into London from 1419.

### **Quality**

Cumin Seed should be even sized and yellowish-brown with a strong, earthy aroma when ground. It should be carefully cleaned and sorted to remove extraneous matter. Cuminaldehyde is the principal flavour-giving volatile oil.

### **Usage**

Lightly dry roasting the seeds before use enhances their unique flavour and aroma.

Cumin has an affinity with dried beans and pulses. It is also an excellent spice for vegetables and is often used in conjunction with Coriander Seed.

Many traditional dishes are spiced with Cumin, or blends which include Cumin, such as ras-el-hanout from the Middle East and Garam Masala from India. Cumin is an essential ingredient in curry powders and blends.