

Fenugreek (Trigonella foenum-graecum)

Use 1-2 tsp for 4 servings

Description

Fenugreek has a strong, pungent aroma and a bitter 'curry-like' flavour which often dominates curry powders. Fenugreek complements - curries, pickles, chutneys.

Did you know?

Fenugreek was used as a conditioning powder to give horses a glossy coat, and was reputed to cure baldness in men. Harem women ate roasted Fenugreek to develop a buxom figure. The Egyptians used Fenugreek for incense and embalming. Made into a paste and spread over the body, Fenugreek is supposed to reduce fever. Fenugreek restores nitrogen in the soil as it comes from the pea family.

Quality

Ground Fenugreek has a warm, yellowish-brown colour with a strong curry-like flavour.

Usage

Fenugreek is used in a variety of spice mixes, such as sambhar powder, which flavours Southern Indian vegetable and dhal dishes, and Ethiopian berbere, a hot and spicy blend for seasoning stews. Curry powders and Indian spice mixes for chutneys and pickles include ground Fenugreek