



Kasoori Methi (Dried fenugreek leaf)



The dried leaves of the Fenugreek plant have a strong smell and a bitter taste. The bitter taste is something you might have to get used to for a flavoring in foods.

Dried Fenugreek Leaves can be used to flavor many dishes. Here are a few ideas to get you started on dinner for tonight.

- Sprinkle over Meats
- Flavor Vegetables
- Flavor Chicken
- Curries
- Fish
- Potatoes
- Egyptian Bread
- Teas
- Seafood
- Eggs
- Chillies

Dried Fenugreek Leaves are crushed to make a powder for flavoring many different dishes. Dried Fenugreek Leaves can have a bitter taste and it takes some getting used to, so make sure when flavoring your dishes, you do not add too much. You can enjoy trying all kinds of delectable Indian dishes using dried Fenugreek.

Dry fenugreek leaves are also known as Kasoori Methi. Fenugreek leaves are hygienic, flavorful & tasty. Mash these leaves and sprinkle over curries and non juicy vegetable dishes before serving, and enjoy the wonderful flavor. Kasoori methi can be added to dough for making Indian breads (paratha & naan).

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Fenugreek is used both as an herb (the leaves) and as a spice (the seed). The yellow colored fenugreek seed, commonly called methi, is frequently used in the preparation of pickles and curry powders. The young leaves and sprouts of fenugreek are eaten as greens. Fresh or dried leaves are used to flavor dishes. Fenugreek is mainly used as digestive aid. It is ideal for treating sinus, lung congestion, reduces inflammation and fights infection.

Fenugreek resembles a bean plant and is found in the Mediterranean and North Africa. Fenugreek name was derived from the Latin word Greek hay which meant fodder. India has an abundance of fenugreek and dried fenugreek leaves when supplemented to food gives good aroma. Fenugreek leaves taste bitter but is pungent with pleasant flavor. Fenugreek leaves can be used in both the ways, fresh or dried. Dried leaves are herbs that tastes bitter than the fresh leaves.



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