



Saunf Products in India



We are engaged in the Exporters of Saunf, sweet Saunf, which is consumed as a digestive aid and a mouth freshener. The Saunf is coated with the quality colors while keeping various hygienic factors in mind. Exotic flavor and excellent taste are the main features of the product we offer. The Saunf can also be made as per clients specifications and offered to them at most reasonable prices.

The bulb, foliage, and seeds of the fennel plant are widely used in many of the culinary traditions of the world. Dried fennel seed is an aromatic, it is commonly used to treat asthma, bronchitis, colic disease, food poisoning and motion sickness

Directions To Use :

1. Fennel goes well with fish
2. Used in Italian sausages
3. Found in some curry powder mixes.
4. Used as a digestive
5. Flavor coffee, sauces and curries
6. Add a small pinch to café au lait
7. Used in some pasta sauces
8. Sauté Fennel Seed with sliced peppers and onion to garnish meats

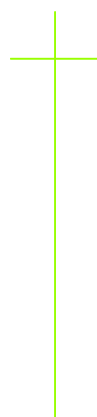


Notes :

Fennel, a tall perennial herb, is native to southern Europe and the Mediterranean area. The name comes from the Greek word for "marathon" because the famous battle at Marathon (490 BC) against the Persians was fought on a field of Fennel

Kashmiri Dum Aloo- Baby Potatoes cooked in North Indian Style

- 2 lb. baby potatoes (or any small tender new potato)
- 1 tsp cumin seeds roasted gently and ground into a powder
- 1 tsp garam masala
- 3-4 whole red chilies roasted and powdered
- 2 1/2 cups fresh yoghurt
- 1 tsp ginger powder



1tbsp fennel/aniseed seeds crushed

1/2 tsp cardamom powder
4 tbsps mustard oil
6 cloves roasted and powdered
A pinch of asafetida
Vegetable/ canola/ sunflower cooking oil to deep fry potatoes
Salt to taste
Use a pot with a tight fitting lid so that the potatoes can cook in their own steam.



Method :

Mix the yoghurt, Kashmiri chili, ginger, cardamom and fennel powders. Add the potatoes to this mix and keep aside. Heat mustard oil in another pot on a medium flame. Add the clove powder and asafetida and mix well. Add a half cup of hot water and salt to taste and bring to a boil. Reduce heat to low. Add potato and yogurt mix. Mix. Cover the pot. Cook on a low flame for 10-15 minutes. Turn off the flame, remove the cover and add the cumin and garam masala powders, and cover again quickly. Leave for 5 minutes.

Fennel is mainly grown in Egypt and India. Fennel has an anise-like flavor but is more aromatic, sweeter and less pungent. Fennel Seed added to meatballs or meat loaf gives an authentic Italian flavor. Fennel sometimes form part of garam masala powder. It is not essential to fry fennel powder as it is very aromatic. Used widely in the cuisine of Bulgaria, Romania, Hungary, Greece, Turkey, Italy, France, Germany, Egypt, India, and China. Hint: Toasting Fennel Seeds accentuates their flavor.

Did you know ?

Ancient Chinese and Hindus used Fennel as a remedy for scorpion stings; in the Middle Ages, it was also hung over doorways to ward off evil spirits. It is currently suggested to relieve wheezing and aid catarrh and asthma patients.

Saunf Seeds Prices Rates in Rs. 4200/4500 (per Qtl.)

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Note :- Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order



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