



Til (Sesame seed)



What is Tejpatta? (Malabathrum leaf) Bay-leaf?

Tejpatta are the leaves of a tree closely related to Cinnamon (Malabathrum tree)

Sometimes Tejpatta is also called as Indian Bay leaf, it is misleading. Bay leaf is from Bay Laurel. The flavor of Tejpatta is totally different from Bay leaf. Physically, the Bay leaf has a single vein in the center. Tejpatta is a tough three-veined leaf. Tejpatta is twice as wide and long than bay leaf.

Tejpatta renders the aroma and flavor of Cinnamon or Cassia to the foods. It is a common spice used in North India specially to make Mughalai dishes. Tejpatta is also common in Nepal and Bhutan and Assam where it is known as Tejpat

Bark of Malabathrum tree can be used as a Cinnamon but at much reduced quality

Description

Tej Patta, also known as Bay leaf, is dried aromatic leaf from Cinnamon tree (cassia tree) or Malabar leaf. Tej Patta have a subtle similarity to aromatic cinnamon bark and milder in flavor. Indian Bay leaf is a misnomer because it is desnot comes from the plant bay laurel, the source of European bay leaf. However, the use of word "bay leaf" has stuck. Tej patta is use to add sweet aromatic flavor to curry sauce, rice, and stews. Normally, a couple of whole dried Tej Patta are fried in oil or ghee and braised with sauce. At the end of the cooking, it is removed, before serving the dish. Tej Patta is not usually broken down and mixed with sauce as European bay leaf. Also spelled Tez Pata.

Bay Leaf (Tej-Patta)

* They are added to hot oil before the main ingredient, as frying releases their sweet perfume.

Uses

- * The leaves are carminative and used to treat colic and diarrhea.
- * Used in the clarifying process of many dyes.
- * Used in Rice dishes like biryani, meat curries etc.



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Commercial Part Leaf

Popularly known across the globe for its versatile and irresistible aroma and taste, bay is the leaf of an evergreen tree that is recognized by names as, 'Sweet bay', 'Bay laurel', 'Noble laur' and 'True laurel'. Originating in the South slopes of the Himalayas, the bay leaves have essential oil from the leaves containing cinnamic aldehyde and traces of eugenol as its main constituents.

This bay leaf besides being a native to the Mediterranean also has the pride of adding wondrous flavor and scent to the Indian cuisine. Indian bay leaves belong to a tree closely related to cinnamon whose leaves form a good substitute. Bay leaves are tough three-veined leaves that are very popular in Northern India, but are little known in other parts of the country. The reason for so much use of bay leaves in Northern India is the influence of the Mughal reign during which North Indian cuisine adopted this flavor. In the Imperial Northern Indian (Mughal) cuisine, bay leaves appeared frequently in biryanis (rice dishes) or kormas and hence soon formed an essential part of the mostly used blend of spices (garam masala).

In the by gone era, conquerors and poets of heroic and poetic fame worn the wreaths of bay leaves. Today, bay leaf is one of the most sought- after culinary spices for flavoring soups, casseroles, stews, fish, fish sauces, meat, poultry, pudding and marinades. It is an essential ingredient of Bouquet garni. Bay oil is popular in a variety of liquors.

In India, bay is grown in a relatively small scale in homestead gardens and hence Indian bay leaves are hardly available in the West. Thereby most books encourage the use of laurel (the bay leaf of the Mediterranean) instead or the South American Boldo leaves along with small pieces of cinnamon bark.



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