



## Kalonji Nigella Seeds



Nigella seeds come from a plant called *Nigella sativa* native to southern Europe and western Asia. The little tear-shaped black seeds, about 1 mm long, are used throughout South Asia as a spice and flavouring. They have an earthy, peppery taste, a little like oregano. The whole or crushed seeds are often mixed through dough or sprinkled on bread, giving the bread a black colour. The seeds are also used to flavour a variety of dishes ranging from sauces, curries, pickles and meat dishes to vegetables and fruit pies.

Small, black nigella seeds are a confusing spice to many people because of the many names they go by. In India they are known as kalonji and in the United States they are called charnushka. They are also frequently (and mistakenly) called black onion seeds, black cumin and black caraway. However, they have no relationship to cumin, caraway or onions (apart from flavour), and are very much their own spice.

Nigella seeds are hard and crunchy with a flavour like toasted onions. They are dry roasted in India and used on flatbreads like naan and they are particularly good with potatoes and root vegetables. They are also one of the five spices that make up panch poran, a spice mixture from Bengal.

### Health Benefits of Kalonji Seeds

Kalonji Seeds are also known as Black Onion Seeds, Black Cumin Seeds, Black Seeds and Nigella Seeds.

These seeds are very similar in size to a sesame seed, they are black in colour and have a very fragrant strong aroma.

Used mainly in bread recipes and savoury dishes; kalonji has a very distinctive aroma and taste. If you love to eat Indian cuisine then you will more than likely love the flavour of the kalonji seed.

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

Although extremely delicious, kalonji seeds are not just good for flavouring your favourite recipes, kalonji seeds have amazing health benefits too.

Kalonji seeds have been known to have many healing properties including migraine, chronic colds, palpitations, alopecia, asthma, bee stings, paralysis, amnesia, skin disorders, facial palsy, earache and respiratory diseases.

Kalonji is also known to benefit the stomach due to anti-bacterial properties.

Cold pressed Kalonji oil can help with dry skin problems such as eczema and psoriasis and has benefits to the scalps and joints through massage.

They are also known to be beneficial for respiratory problems and are anti-inflammatory.

If Kalonji seeds are used in conjunction with vinegar they are known to help gum and teeth problems including pain.

You can take kalonji seeds as they are in cooking or as a cold pressed oil or powder.

To see Jeenas recipes using Kalonji Seeds see:

Chicken Biryani Recipe

Arabic Beef Rice Recipe

Roasted Vegetables Recipe

Lamb Keema Bulgur Wheat



Contact Us

Contact information for Taj Group companies in India.

TAJ AGRO INTERNATIONAL  
(A Division of Taj Pharmaceuticals Limited )  
<http://www.tajagroproducts.com>  
E-mail :  
[tajagroproducts@gmail.com](mailto:tajagroproducts@gmail.com)  
[tajagrointernational@gmail.com](mailto:tajagrointernational@gmail.com)