

Menthi Seeds

One of the healthiest Indian spices that I use in my cooking is fenugreek seeds, called Methyl (Hindi), menthulu (Telugu) and venthyam (Tamil). When Mythili of Vindu invited me to participate in Mistress of Spices event, to blog a spice of my choice, I knew what spice I was going to write about. Yes, methulu!!

- # Name : Fenugreek seeds, Methyl (Hindi), menthulu (Telugu)
- # Origin: Indigenous to countries on the eastern shores of the Mediterranean and cultivated in India, Egypt and Africa.
- # Botanical name: Trigonella foenum-graecum L
- # Family name: Fabaceae
- # Plant Family: Leguminous
- # Common Names: Bird's Foot, Bockshornklee, Greek Hayseed, Goat's Horn, Methi

Fenugreek seeds, an ancient spice, with a slightly bitter taste, are small, hard, yellowish-brown, smooth and oblong shaped. The fresh tender green leaves of the fenugreek plant, called methi or Methi, have a bitter-sweet flavor and used as a regular green vegetable in Indian cuisine like daals and vegetables.

Culinary Uses

The major use of fenugreek is in curry powders, essential in many mixtures, especially Vandalia and the hot curries of Sri Lanka. It is an ingredient of Punch Purina, the Indian five-spice mixture. In home-made powders, the amount used can be controlled, but in cheap bought powders it often overpowers.

When fish is curried, particularly strong-tasting fish such as tuna and mackerel, fenugreek is frequently included in the spice mixture. Many chutneys and pickles incorporate it and it gives a tangy aroma to vegetables. The leaves, both fresh and dried, are used in meat curries, dhal and vegetable dishes and chutneys

Health benefits

Fenugreek seeds help relieve sore throat, tonsillitis, breathlessness and cough. They also relieve hyper acidity and burning sensation in the stomach. A lukewarm decoction of fenugreek seeds taken with honey helps settle a cough and increases urination. The seed is rich in protein and amino acids, reason why fenugreek powder is a remedy for dandruff. It also tones the hair.

About the Product

Fenugreek seeds are actually a small legume. They have a unique flavor and is used widely in Indian and the Middle Eastern cuisines. Fenugreek is an annual herb native to the Mediterranean region, the Ukraine, India, and China. It has a slightly bitter taste and must be dry roasted or pan fried. Hint: If roasted to reddish color it becomes too bitter and should be discarded.

Featured Recipes for Methi Puri Ingredients :

2 cups Wheat flour
1 cup Methi leaves finely chopped
pinch of baking powder
pinch of Turmeric powder
2 green chilies, chopped
1 tsp aniseed roasted
A pinch of asafetida
Salt to taste
Oil for frying
Water



Method :

1. Sieve the flour and salt and mix the rest of the ingredients with Ghee.
2. Knead it well into a soft dough using water.
3. Divide the dough into equal balls and roll out each ball into a round puri.
4. Heat Ghee in a frying pan and deep fry the puris one at a time until it turns golden brown

Methi Seeds Prices Rates in Rs.2800/3000 (per Qtl.)



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

tajagrointernational@gmail.com