



Panch Phoron



Bengali cuisine is unique due to the aroma and flavor of the blend of spices known as "panch phoran". "Panch" means "five" and "phoran" is "flavor" or "spice", hence the common translation Bengali Five-Spice. It is a colorful blend of flavorful seeds, including, but not limited to the green of fennel seeds, black of mustard and nigella seeds, golden of fenugreek and buff-colored of cumin seeds.

The blend of spices is usually fried in oil or ghee before adding anything else to the pot, flavoring the oil and releasing the aroma of the oils of the seeds and causing them to pop in the pan. Other ingredients are added at this point, the mixture adding sweetness and bringing forward the flavors of vegetables, beef, fish or lentils.

What is Panch Phoran?

Panch Phoron Ingredients:

- 1 tbsp Fennel Seed
- 1 tbsp Fenugreek Seeds
- 1 tbsp Cumin Seeds
- 1 tbsp Mustard Seeds
- 1 tbsp Nigella/ Kalonji Seeds/ Black Onion Seeds

Preparation

Combine all spices in a jar, store away from heat and light.

Other Names

Panch phora, panch puran, panchpuran, punch poran, punch puram, punchpuram

Panch Phoran and Health

FENNEL SEEDS

Panch Intestinal tract- used medicinally with purgatives to relieve their side effects, and for this purpose forms one of the ingredients of the well-known compound liquorice powder.

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Fennel water has properties similar to those of anise and dill water: mixed with sodium bicarbonate and syrup, these waters constitute the domestic 'gripe water', used to ease flatulence in infants; it also can be made into a syrup to treat babies with colic or painful teething.

Fennel tea, also employed as a carminative, is made by pouring boiling water on a teaspoonful of bruised fennel seeds.

Eyes- In the Indian subcontinent, fennel seeds are consumed raw, sometimes with some sweetener, as it is said to improve eyesight. Ancient Romans regarded fennel as the herb of sight. Root extracts were often used in tonics to clear cloudy eyes. Extracts of fennel seed have been shown in animal studies to have a potential use in the treatment of glaucoma.

Blood and urine- Some people use fennel as a diuretic and maybe a potential drug for treatment of hypertension.

Breastmilk-Known to improving the milk supply of a breastfeeding mother. Due to being a good source of phytoestrogens.

Other uses- useful for chronic coughs.

FENUGREEK SEEDS

Helps Balance Cholesterol

Treat Diabetes and Lower Blood Sugar Levels

PHerbal Cure for Skin Inflammation

Natural Cure for Heartburn and Acid Reflux

For Fever- known to reduce fever when taken with lemon and honey,

Ease Child Birth for Pregnant Women- It stimulates uterine contractions and can be helpful to induce childbirth. However, pregnant women should only use Fenugreek for inducing labor after consulting with their doctor.

Aid Milk Production among Lactating Women- Research has revealed that milk production can increase milk production by over 500 percent within 24 to 72 hours after consuming fenugreek.

CUMIN SEEDS

Dyspepsia, diarrhea, flatulence and colic.

To increase lactation and reduce nausea in pregnancy.

Effective in treating carpal tunnel syndrome.

Help to increase the breast size.

Cumin poultice is use to relieve swelling of the breast or the testicles.

Stimulates the appetite.

Help boost the liver's ability to detoxify the body.

Help relieve symptoms of cold due to it's antiseptic properties.

Increase the heat in the body thus making metabolism more efficient.

Cumin paste is use as treatment for boils.

Cumin strengthens the functions of stomach and arrests any bleeding.

Relieve insomnia.

MUSTARD SEEDS

Mustard is a good source of selenium and magnesium. Selenium helps people with asthma and rheumatoid arthritis while magnesium lowers high blood pressure, reduces migraines and also prevents heart attack.

Mustard seeds are also a good source of omega-3 fatty acids as well as iron, calcium, zinc, manganese, magnesium, protein, niacin and dietary fiber.

The essential oil Tocopherols present in mustard inhibits growth of certain yeasts, molds, and bacteria, enabling mustard to function as a natural preservative.

NIGELLA/ KALONJI SEEDS/ BLACK ONION SEEDS

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

Panch It is also known to benefit the stomach because of its anti-bacterial properties.

POTATO CURRY WITH TAMARIND AND PANCH PHORON

This spicy vegetarian curry is hearty enough for a comforting fall dinner. It's great simply ladled over steamed rice.

Ingredients:

- 3 dried hot red chiles (about 3 inches long), stems removed
- 1 tablespoon cumin seeds
- 1 lb medium boiling potatoes (about 5), scrubbed well
- 3 tablespoons vegetable oil
- 2 bay leaves
- 3/4 teaspoon panch phoron (Bengali spice mix)
- 1/8 teaspoon asafetida powder
- 1/2 teaspoon ground turmeric
- 1 cup water plus 1/4 cup boiling water
- 1 1/2 teaspoons tamarind concentrate
- 1/2 teaspoon salt

Preparation:

Toast chiles and cumin seeds in a dry small heavy skillet, shaking pan occasionally, until fragrant and just a shade darker, about 1 minute. Remove from heat and cool mixture, then finely grind in grinder.

Cover potatoes with salted cold water by 1 inch in a 2 1/2- to 3-quart saucepan. Bring to a boil, then simmer, partially covered, until potatoes are just tender when pierced with a small sharp knife, about 12 minutes. Drain. Once cool enough to handle, peel potatoes with a small sharp knife or a vegetable peeler and cut into 1-inch pieces.

Heat oil in wok over moderately high heat until hot but not smoking. Add bay leaves, panch phoron, and asafetida and cook, stirring frequently, until seeds from panch phoron stop sputtering, about 1 minute. Add potatoes and turmeric and sauté, stirring, until potatoes are pale golden brown, 3 to 5 minutes. Add 1 cup water and bring to a boil, then simmer briskly, stirring occasionally, 5 minutes.

While potatoes are simmering, whisk together boiling water and tamarind. Add salt, 2 teaspoons cumin chile powder, and tamarind mixture to potatoes and simmer, stirring occasionally, until sauce is slightly thickened, 2 to 3 minutes. Season with salt. Discard bay leaves.

Note: Leftover cumin chile powder can be kept in an airtight container at room temperature up to 3 months.



Quality Assurance

We are a quality focused company with a emphasis on providing hygienic and top end quality products to our customers. Our organization follows a zero tolerance policy when it comes to the quality of the foodstuffs. The equipments and machinery we have installed in our factory for production and to test quality standards stand testimony to our quality policy.

We are one of the few spice exporters in India to offer spices conforming to the important physical, chemical and microbiological parameters as per international standards of European and American markets.

We can steam and sterilize spices to control micro contamination in spices to required levels.

Our procurement processes are detailed and supervised by a team of professionals who are experts in their field. Products are released in the market after due diligence on product quality.

We make all efforts to achieve our goal of complete customer satisfaction.



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