

Did you know...

Fenugreek is a plant that produces aromatic leaves, small white flowers and golden seeds. The leaves and seeds are commonly used in Indian, Middle Eastern and Asian dishes, adding different flavours to any dish. Especially used in Indian cooking, the seeds have a taste similar to maple syrup and can be used in dishes from pickling liquids to dahls and curries.

Fenugreek is believed to have many health benefits, as it is high in iron and manganese. It has also been thought to lower blood sugar and cholesterol.



Thanks to The Bulk Zone for offering the library a discount on the monthly spices.



Show us what you do with your spices!

Post your photos and tag us
@TBayPL or email us at
cpark@tbpl.ca

Find photos and past recipes
online at tbpl.ca/tbpl-spice-club



Thunder Bay
Public Library

Spice Club



October 2023
Spice of the Month:
Fenugreek Seed



Kerala Prawn Curry

Ingredients

- 2 red chillies split, cut into quarters lengthways and seeded
- 1 small red onion, chopped
- 2.5cm piece of fresh root ginger, peeled and chopped
- 1 tbsp vegetable or sunflower oil
- 1 tsp black mustard seed
- 1/2 tsp fenugreek seeds
- 14 curry leaves, fresh or dried
- 1/2 tsp turmeric
- 1/2 tsp cracked black peppercorns
- 250g jumbo prawns, leave some with their tails on if you like
- 150ml reduced-fat coconut milk

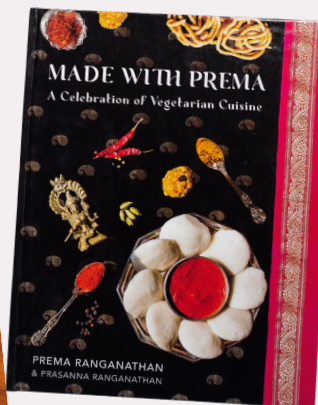
To serve

- a squeeze of lime
- chopped fresh coriander, plus a sprig or two
- freshly cooked basmati rice

Find more great books in our catalogue by visiting search.tbpl.ca

Directions:

- In a food processor, blitz the chillies, onion and ginger with 3 tbsp water into a smoothish paste – you may need to scrape it down the sides.
- Heat the oil in a heavy pan or wok. When hot, toss in the mustard and fenugreek seeds, and curry leaves – they'll crackle and pop – and fry for 10 seconds. Add the onion paste, turn the heat down and cook for about 5 minutes. Splash in some water if it starts to catch.
- Add the turmeric and cracked peppercorns and stir the spices around for a few seconds before tipping in the prawns. Pour in the coconut milk and bring to a simmer, stirring all the time. The milk will take on a yellow colour from the turmeric. Cook for 1 minute until everything is heated through. Squeeze over some lime, sprinkle with fresh coriander and serve with rice.



Coconut Rice with Fenugreek Seeds

Ingredients

- 1 cup soaked rice
- 1 tbsp fenugreek seeds
- 1 tsp cumin seeds
- 1 tbsp ghee/butter
- 1 tbsp dried fenugreek leaves
- salt to taste
- 1/2 cup coconut milk
- 1/2 cup grated coconut
- 1 cup water
- 1/2 tsp peppercorns

Directions:

- Drain the soaked rice and keep aside
- Heat ghee/butter in a pan, add the cumin seeds and let them crackle. Add fenugreek seeds and fry for a minute
- Add the dried fenugreek leaves and fry for another 10 minutes. Add grated coconut and cook on low heat for another minute until it gets brown
- Add the rice and toast for a minute, then add water and bring to a boil
- Once boiling, turn the heat to low and add salt and coconut milk. Cook rice covered for 8-10 minutes on low until all of the liquid has absorbed

