

PANCH PHORON

Recipe and notes from Swati dasi



Panch phoron is quite the extraordinary spice blend. There really are no adequate words to describe its flavor. It adds a wonderful depth and flavor to any dish.

The spices are nearly always roasted whole in oil or ghee before they are used. It perfumes the air with earthy cumin and lively fennel seed aromas.

Srila Prabhupada explained that spices in prasad also aid in health, he himself taking raw ginger, slices of chili, lemon, or a slice of aloe vera.

Panch phoron prevents congestion, reduces cold in the body, balances blood sugar levels, and boosts the digestion and metabolism.

Yield: makes About 1/3 cup

Time: 5 minutes

INGREDIENTS

- 1 Tbsp. black mustard seeds (rai)
- 1 Tbsp. cumin seeds (jira)
- 1 Tbsp. fennel seeds (saunf)
- 1 Tbsp. fenugreek seeds (methi)
- 1 Tbsp. nigella seeds (also known as kalonji)

PREPARATION

In a small bowl, add all of the seeds. Stir well to combine. Use the mixture immediately, or transfer to an airtight jar and store in a cool, dry place for up to 6 months.