

Bay Leaf – Tez Patta

Cooking

Bay leaf (plural **bay leaves**) refers to the aromatic leaf of the bay laurel (*Laurus nobilis*, Lauraceae). Fresh or dried bay leaves are used in cooking for their distinctive flavor and fragrance. The leaves are often used to flavor soups, stews, braises and pâtés in Mediterranean cuisine.

The fresh leaves are very mild and do not develop their full flavor until several weeks after picking and drying

Benefits

- Help reduce high blood pressure
- Anti-fungal and anti-bacterial properties
- Bay leaf has been used as an herbal remedy for headaches. It contains compounds, called parthenolides, which have proven useful in the treatment of migraines
- Bay leaf has also been shown to help the body process insulin more efficiently, which leads to lower blood sugar levels.

