

Clove– Laung

Cooking

Cloves can easily overpower a dish, particularly when ground, so only a few need be used. They are used in a number of spice mixtures including curry powders, mulling spices and pickling spices.

It is one of the spices in Garam masala. It easily loses its flavor and is used to flavor curries, masala chai and certain vegetables.

Adding ground cloves and curry powder to healthy sautéed tofu will give this dish an Indian-inspired zest. Impart a warming note to apple cider by adding ground cloves and cinnamon.



Benefits

- Physicians have long used cloves to treat indigestion, diarrhea, hernia, and ringworm, as well as athlete's foot and other fungal infections
- India's traditional Ayurvedic healers have used Cloves since ancient times to treat respiratory and digestive ailments.
- Clove oil from the herbal buds, which they used on the gums to relieve toothache.
- Essential oil of clove is effective against strep, staph and pneumococcal bacterias.
- Clove is believed to have strong antiseptic and analgesic qualities