

# Cumin– Zeera

## Cooking

Cumin is the dried seed of the herb *Cuminum cyminum*, a member of the parsley family. Cumin is the second most popular spice in the world after black pepper. Cumin seeds are used as a spice for their distinctive aroma. Cumin can be used ground or as whole seeds. Cumin was also used heavily in ancient Roman cuisine. It helps to add an earthy and warming feeling to cooking, making it a staple in certain stews and soups, as well as curries and chilli.

As the taste of cumin is a great complement to the hearty flavor of legumes such as lentils, garbanzo beans and black beans, add this spice when preparing a recipe with these foods.

## Benefits

- Provides Iron for Energy and Immune Function
- Cumin seeds have anti-carcinogenic properties
- Protects Healthy Cells and Stimulates Production of Natural Interferon
- Memory enhancer

