

Fenugreek- Methi

Cooking

The cuboid yellow to amber colored fenugreek seeds are frequently used in the preparation of pickles, curry powders, and pastes, and the spice is often encountered in the cuisine of the Indian subcontinent. The dried leaves – also called *kasuri methi*. Egyptians use fenugreek roasted seeds and use them as coffee. The fresh leaves and sprouts of fenugreek are consumed as greens & the fresh or dried leaves are used to flavor other dishes. The dried leaves have a bitter taste and a strong characteristic odor which means they need to be taken sparingly. Fenugreek is normally used in the food industry as an artificial maple flavoring.



Benefits

- Drinking 1 cup of fenugreek tea per day, made from the leaves, is said to relieve the discomfort of arthritis
- Used as home Remedy for Balancing Cholesterol
- Research has shown that Fenugreek is an effective topical treatment for skin problems such as abscesses, boils, burns, eczema, and gout.
- The Fenugreek herb has been known to help reduce fever when taken with lemon and honey, since it nourishes the body during an illness
- Fenugreek is often used in many teas and other products that help balance women's hormones and/or enlarge the breasts. Therefore, a simple home remedy for breast enlargement is to make Fenugreek a part of your regular diet
- Due to its estrogen-like properties, fenugreek has been found to help increase libido and lessen the effect of hot flashes and mood fluctuations that are common symptoms of menopause and PMS.