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purchased at
Bins and Bins
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Spice Club

SEPTEMBER
2025:
FENUGREEK



THIS MONTH'S SPICE: FENUGREEK

FENUGREEK POTATOES

INGREDIENTS

- 5 Potatoes
- 1 teaspoon (5 g) Fenugreek dried leaves (Kasuri Methi)
- 1 teaspoon Cumin seeds
- 1 teaspoon Mustard Seeds
- 1 teaspoon Salt
- 1 teaspoon Turmeric
- 1 teaspoon Pepper
- 1 teaspoon Garam Masala
- 2 tablespoon Oil

INSTRUCTIONS

- Cut potatoes into small thin slices and soak in water for 15 mins.
- To a hot pan, add oil and add cumin seeds.
- Once cumin seeds turn brownish, add Mustard seeds.
- Add potatoes and all spices and roast on high heat with constant tossing.
- Once the potatoes get cooked, add fenugreek leaves by crushing them with your palms. Cook for five more minutes and turn off the heat. Serve hot.

DID YOU KNOW?

Fenugreek, also known as Greek hayseed or methi, is indigenous to western Asia and southern Europe. Though originally a wild growing plant, it has since been cultivated in Mediterranean, South America, India, and the Middle East.

Its Latin botanical name *Trigonella* refers to the triangular shape of the flowers and *foenumgraecum* means "Greek hay".

Sources:

The Spice and Herb Bible 3rd. Edition by Ian Hemphill

This month's recipe is from
<https://www.tipsnrecipesblog.com/>

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