

FENUGREEK

Fenugreek is a clover-like plant from the botanical family Fabaceae, which also includes alfalfa, chickpeas, and peanuts. Its dried or fresh leaves can be used as an herb, and its seeds are used as a spice. Both its seeds and leaves impart a flavor and aroma similar to maple syrup, as well as slight bitterness. It is also used as a flavoring agent in foods, drinks, and tobacco.



Biting into raw fenugreek seeds or leaves will produce an overpowering bitterness. But when added to dishes and cooked, fenugreek imparts a sweet, slightly nutty, maple-syrup-like flavor reminiscent of burnt sugar. It is common in Indian and Middle Eastern cuisines, where its leaves and seeds are used to flavor stews and curries.

Fenugreek is believed to have been brought into cultivation in the Near East. It is uncertain which wild strain gave rise to domesticated fenugreek. Charred fenugreek seeds have been recovered from Tell Halal, Iraq (carbon dated to 4000 BC), and Bronze Age levels of Lachish and desiccated seeds from the tomb of Tutankhamen. In one first-century A.D. recipe, the Romans flavoured wine with fenugreek.

INDIAN BUTTER CHICKEN



INGREDIENTS

- 4 boneless skinless chicken breasts, cubed
- 1 can tomato paste (the small can)
- 2 cups heavy cream
- 1 tsp garlic, minced
- 3/4 tsp ginger, grated
- 1 tbsp garam masala
- 2 tsp turmeric
- 1 tbsp fenugreek powder
- 1 tsp salt
- 1 tsp cayenne pepper
- 1/2 tsp chili powder
- Basmati rice

INSTRUCTIONS

1. Cook chicken in skillet over medium heat until chicken is cooked through, set aside.
2. Turn heat down to medium and add tomato paste and heavy cream to skillet and bring to a simmer; about 10 minutes, stirring occasionally.
3. Add the garlic, ginger, and spices and continue to simmer for 5 more minutes.
4. Then add chicken back in and cook just to reheat chicken and coat it in the sauce.
5. Serve over Basmati rice.

VEGAN BUTTERNUT AND FENUGREEK CURRY



INGREDIENTS

- 1 small butternut squash
- 1/4 cup vegetable or olive oil
- 2 onions, finely sliced
- 4 garlic cloves, crushed
- 4cm piece ginger, peeled, then coarsely grated
- 13.5 oz can coconut milk (ideally full fat)
- 2 tsp ground turmeric
- 2 tsp ground cumin
- 1 1/2 tsp chili flakes
- 1 tsp ground fenugreek
- Grated zest of 1 lemon
- 1 tsp lemon juice
- 3 1/4 cups spinach, washed and drained
- Warm naan breads, to serve (optional)

INSTRUCTIONS

1. Preheat oven to 375°F. Roughly chop the butternut into large chunks (deseed with a spoon but don't peel). Place in a roasting dish and toss with 1 tbsp oil and 1/2 tsp salt. Roast for 25 minutes, tossing halfway.
2. Meanwhile, heat 2 tbsp oil in a large, non-stick pan over medium heat. Add onion and sauté for 5 minutes. Stir in garlic and ginger, and sauté for 8 minutes until fragrant.
3. Spoon 3 tbsp of the coconut milk at the top of the can into the onion mixture, then stir in turmeric, cumin, chili flakes and fenugreek for a minute until fragrant. Add remaining coconut milk, 1/2 tsp salt, half the lemon zest and the lemon juice.
4. Add roasted butternut to sauce, stir in spinach until wilted and taste for seasoning.
5. Serve curry sprinkled with remaining lemon zest with naan alongside.

FENUGREEK AND CHOCOLATE FOOL



INGREDIENTS

- 1 2/3 cup whipping cream
- 1/4 cup granulated sugar
- 1/3 tsp fine pink salt
- 2/3 cup milk chocolate
- 1/2 cup white chocolate (or ruby chocolate)
- 1 tsp ground fenugreek
- 1 tbsp sour cream
- Seasonal fruit to garnish

INSTRUCTIONS

1. In a bowl, whip the cream until soft peaks forms. Once the cream is whipped, mix through the sugar and salt.
2. In a double boiler, melt the chocolate with the fenugreek.
3. Remove melted chocolate from the heat and stir through the sour cream.
4. Fold the chocolate mixture into the whipped cream.
5. Spoon into four glasses, alternating chocolate fool with layers of berries or additional whipped cream, if desired.
6. Top with seasonal fruit to garnish and chill for 6 hours or overnight.