

Hoosier Botanicals™

CUMIN (*Cuminum cyminum*)

In the Kitchen...

Cumin is essential in Latin American beans, Indian curries, Thai red curry pastes, Cajun seasoning, and spice mixtures of the Middle East and North Africa. It is also popular in pickles and liqueurs. The seeds are quite potent and should be used sparingly at first until the right amount is found. Whole seeds can be added to basmati rice or beans dishes while cooking. For spice mixtures, grind the seeds in a coffee grinder or a mortar and pestle. The powder can be added any time during the cooking process of curried or Cajun dishes.

Easy Vegetable Curry Sauté 1 chopped onion and 2 minced cloves of garlic in 4 tbsp butter or ghee for 10 minutes. While sautéing, add 1 tsp each of ground cumin and coriander seeds, ¼ tsp cayenne pepper, ¼ tsp dry mustard, ¼ tsp ground cardamom and salt and pepper to taste. Add 2 cubed potatoes and 1 diced carrot. Sauté for 5 minutes. Add 1 cup tomato juice, and 1 cup evaporated milk. Simmer until potatoes are soft. Add 1 cup mixture of broccoli, peas, snow peas or asparagus. Cook briefly until bright green. Serve over basmati rice and top with peanuts, raisins and fresh cilantro.



Part used: Dried seeds

Condition: Whole or powdered

Ethnic Span: South American, Cajun, Thai, Vietnamese, Arabian, Indian, European and African

Storage: Store whole seeds in airtight jar; crush as needed

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In the Garden...

Cumin hasn't reached its full potential as a standard in North American herb gardens but it should. Its lacy and aromatic leaves are a lovely addition to the garden and its flowers attract many beneficial insects. Cumin is a delicate plant with soft stems. Keep the area cleared of weeds and mound soil around stem to keep the plant from toppling over. The mature seed is the prized part of this culinary plant; once the flower is past its peak, cut off the flower heads and hang upside-down indoors over a paper bag. The dry seeds should fall off by themselves or may need a little encouragement from you. Store the seeds in an airtight jar.



Carrot family—
Umbelliferae

Northern African and southwest Asian origins

Annual

Full sun is best

Light, well-drained soils are ideal

Grows to 12"

Space 6" apart

Flowers in late summer

White or pink blossoms

Propagate by seed

www.hort.purdue.edu/newcrop/6pac