

NIGELLA SEEDS

Nigella seeds are probably one of the most confused spices. They are sometimes referred to as onion seeds, black cumin, black caraway and fennel flower, among others. Let's just simply call them nigella or *kalonji* (from Hindi).



Nigella is a member of the buttercup (Ranunculaceae) family native to eastern Europe (Bulgaria, Cyprus and Romania) and western Asia (Turkey, Iran and Iraq), but naturalized over a much wider area, including parts of Europe, northern Africa and east to Myanmar.

Nigella seeds have an oregano-like quality with herbaceous notes, a slight bitterness and a warm, toasted-onion flavor. They are a great replacement for sesame seeds without the sweet element.

Nigella sativa seeds were said to have been found in King Tut's tomb and have been used for thousands of years as a preservative and a spice. It does wonders in savory pastries, pilafs, curries, vegetable dishes and pickles. Nigella seeds also add great texture when sprinkled whole over baked goods or when added to dough. In Asia, nigella seeds are sometimes ground into a powder or left whole and mixed into spice blends. Traditional uses of nigella include: string cheese from the Middle East, potato stir-fry from Bengal, naan bread and korma from India, and preserved lemons from Morocco.

EGG BAKE WITH NIGELLA SEEDS

*20 min prep — 35 cook time
— 6 servings*



INGREDIENTS

- 1 red onion diced
 - 3-4 cups of mushrooms sliced 2 large cloves garlic
 - 1 potato diced
 - 1 Tbsp mixed herbs (mix of rosemary, thyme, oregano, etc)
 - 2 cups spinach (about 1/2 bag)
 - 1 cup chopped cilantro/coriander or parsley
 - 12 eggs
 - 1 tsp pink salt
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- 1 tsp smoked paprika
 - 1 tsp nigella seeds
 - 1 1/2 cups cherry tomatoes chopped in half

INSTRUCTIONS

1. Preheat your oven to 350 F
2. Grease a large baking dish with coconut oil (I used a pan about 13x9x2in or 33x23x5cm)
3. Dice the red onion, and saute in a large pan with a blob of coconut oil for a few minutes until soft
4. Add the mushrooms, garlic, and potato (if using) and saute for about 5 minutes
5. Add the herbs, spinach, and cilantro (coriander), mix until just combined (about 1 minute) and then pour the veggie mixture into the bottom of your pre-greased baking dish
6. Thoroughly mix the eggs together with the salt, paprika and nigella seeds in a large bowl
7. Pour the egg mixture ovetop of the veggie mixture in your baking dish
8. Cut your cherry tomatoes in half, and add them (cut side up) on top of the eggs
9. Sprinkle a few more kalonji seeds on top of the dish
10. Place baking dish in the oven for 30-35 minutes

MINI PEAR & BERRY CRUMBLES WITH NIGELLA SEEDS

*20 min prep – 45 min cook
– 12 servings*



INSTRUCTIONS *(continued)*

6. Bake at 400 for about 40-45 mins or until topping is golden. Let sit for 15 mins before serving. Serve with a dollop of whip cream or ice cream.

INGREDIENTS

- 6 ripe pears diced into 1/2 inch cubes
 - 2 cups berries (raspberries, blackberries, or blueberries)
 - 1 tbsp lemon juice
 - 2 tbsp flour
 - 3 tbsp sugar
 - 1/4 teaspoon cardamon (or another favorite spice)
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Topping:

- 1 cup flour
- 2/3 cup oats
- 2/3 cup sugar
- 1/2 teaspoon salt
- 1/2 cup soft butter or coconut oil
- 3 tbsp seeds (1 tbsp nigella, 1 tbsp sesame, 1 tbsp poppy)

INSTRUCTIONS

1. Preheat oven to 400F
2. In a large bowl gently mix the pears and lemon juice, then add the rest of the filling ingredients and taste. Add sugar if too tart.
3. To make the topping, mix topping ingredients together in a medium bowl using a wooden spoon or your fingers.
4. Fill baking dishes with pear and berry filling leaving room, about 3/4 inch at top for the topping.
5. Spread a generous layer of the topping about 1/2 inch thick. Lightly pat down sealing the top.

(continued)

SQUASH & NIGELLA SEED SOUP

*20 min prep – 25 min cook
– 4 servings*



INGREDIENTS

- 2 tbsp olive oil
- 1 onion
- 2 tsp nigella seeds
- pinch chili powder
- 800g squash , peeled, deseeded and cut into chunks
- 1 potato , cubed
- 850ml low-sodium vegetable stock
- small bunch flat-leaf parsley

INSTRUCTIONS

1. Heat the oil in a large pan, add the onion, then fry until lightly coloured. Add the nigella seeds and chili, then fry for 1 min.
2. Tip in the squash, potato and stock, then bring to the boil. Stir well, cover, then simmer for 20 mins, or until the vegetables are tender.
3. Purée the soup in batches, adding a handful of parsley with each batch. Return the soup to the pan, then reheat.

**Note: The soup can be frozen for up to 1 month.*