



Known as methi dana in India, the seeds are used whole or ground and have a distinct aroma and a bitter taste. Whole seeds are used for seasoning vegetables while powder is an essential ingredient of pickles. For best results, lightly roast the seeds until they barely change color before grinding or using them. On overroasting, they develop bitter flavor and aroma.

Fenugreek is used both as a [herb](#) (the leaves) and as a [spice](#) (the [seed](#)). It is cultivated worldwide as a semi-arid crop. It is frequently used in [curry](#).

The [cuboid](#) yellow to amber coloured fenugreek seed, commonly called ***maithray***, is frequently used in the preparation of [pickles](#),

[curry powders](#)

, and

[pastes](#)

, and is often encountered in the

[cuisine](#)

of the

[Indian subcontinent](#)

. The seeds are used in seasoning many dishes or in powdered form to mix with rice, since health benefits of thus added seeds (or leaves) to diet in moderate quantities are considerable.

The young

[leaves](#)

and

[sprouts](#)

of fenugreek are eaten as

[greens](#)

, and the fresh or dried leaves are used to flavour other dishes. The dried leaves (called *kasturi methi*

) have a bitter taste and a strong characteristic smell.

Fenugreek green is a very popular curry cooked in the major sub-continental region of India and Pakistan, usually together with potatoes and/or spinach, and eaten with Roti or Naan (tortiya) and/or rice. It is usually eaten boiled in China, and central and Western Asia.

In [India](#), fenugreek seeds are mixed with [yogurt](#) and used as a conditioner for hair. It is one of the three ingredients of [idli](#) and [dosa](#). It is also one of the ingredients in the making of

[khakhra](#)

, a type of bread. It is used in

[injera](#)

/taita, a type of bread unique to

[Eritrean](#)

and

[Ethiopian](#)

cuisine. The word for fenugreek in

[Amharic](#)

is

*abesh*

, and the seed is reportedly also often used in

[Ethiopia](#)

as a natural herbal medicine in the treatment of

[diabetes](#)

. It is also sometimes used as an ingredient in the production of

[clarified butter](#)

(Amharic:

*qib*

□ The name "[fenugreek](#)" or *foenum-graecum* is from [Latin](#) for "Greek hay". The [Marathi](#) name is

*Methi*

or *Methya* The

[Kannada](#)

name is "*menthya*"□ The

[Tamil](#)

name for it is "Vendayam" . The

[Telugu](#)

name for it is "Menthulu" The

[Malayalam](#)

name is "Uluva" .In Sinhala it is called Uluhaal (In

[Oriya](#)

,

[Bangla](#)

,

[Punjabi](#)

,

[Urdu](#)

and

[Hindi](#)

it is called

Methi

In Persian it is Shanbal