

Recipes



Nigella sativa

Nigella Stuffed Eggs

- 12 hard-boiled eggs
- 2 tablespoons finely grated carrot
- ¼ cup plain yogurt
- ¼ cup sour cream
- 1 clove garlic, minced
- ¼ teaspoon salt
- 2 teaspoons Nigella seeds

Peel eggs and slice lengthwise. Remove yolks. Combine yolks with the remaining ingredients and mix well. Fill whites with yolk mixture, mounding slightly.

— Ann Wilson
HSA Member at Large, South Central District
The Herb Society of Americas Essential Guide to Growing and Cooking with Herbs, edited by Katherine K. Schlosser

Radishes with Sour Cream and Nigella Seeds

- 1 ½ teaspoons nigella seeds
- 1 ½ teaspoons yellow mustard seeds
- ½ cup sour cream
- 2 teaspoons sherry vinegar
- ½ teaspoon ground cumin
- Salt and freshly ground pepper
- 3 bunches assorted radishes, such as black, breakfast, daikon, icicle and watermelon (about 30), thinly sliced

In a small skillet, toast the nigella and mustard seeds over moderate heat until fragrant, about 1 minute. Transfer the seeds to a plate to cool completely.

In a small bowl, combine the sour cream with the vinegar and cumin and season with salt and pepper.

Arrange the radishes on a large plate or platter. Drizzle with the dressing. Garnish with the toasted seeds and serve.

Variation: to turn this into a radish slaw, cut the radishes into matchsticks (we like using a julienne peeler or a mandolin to do this) and toss with the sour cream dressing and the toasted nigella and mustard seeds.

— Marcia Kiesel, September 2011
Food and Wine



Butternut Squash with Nigella Seeds

- 1 small butternut squash
- 1 teaspoon nigella seeds
- 1 teaspoon turmeric powder
- 1 green chili
- Salt to taste
- 2 tablespoons cooking oil or butter

Peel the butternut squash, scoop out seeds and cut it into small bite-size cubes.

Heat the oil in a flat-bottomed pan on medium heat; add the nigella seeds. Once the seeds start to sizzle a bit in the pan (and you start to smell them releasing their flavor), add the green chili. After about 10 seconds, add the squash.

Cover and let the squash cook for about 5 minutes. Give the squash a stir during this time to make sure the pieces are not sticking to the bottom of the pan (if the vegetables start getting dry, add a teaspoon or two of water). The squash should be about halfway cooked now.

Add the turmeric and salt and stir the squash to evenly coat.

Cover and cook until the squash is soft (about 5-10 minutes). Keep checking under the lid to make sure the squash is not getting too dry, and give it a stir and/or a splash of water as needed.

Serves 4 as a side dish.

Author Notes: I prefer to balance the sweetness of the squash with some savory Indian spices. This goes great as a side along with a dish of greens and lentils. (If you have curry powder, you can substitute the turmeric and chili with this—just add it in when you would add the turmeric.

— CafeAnna from food52.com