

Panch Phoron (Bengali Five-Spice)

The distinct aroma of Bengali cuisine is mostly due to the blend of spices known as panch phoron, Panch phoron is usually fried in oil or ghee before adding anything else to the pot, flavouring the oil and releasing the aroma of the oils in the seeds and causing them to pop in the pan. Other ingredients are added at this point, the mixture adding sweetness and bringing forward the flavours of vegetables, beef, fish or lentils

Panch Phoron Recipe Ingredients

- 1 tbsp nigella seeds
- 1 tbsp black mustard seeds
- 1 tbsp fenugreek seeds
- 1 tbsp fennel seeds
- 1 tbsp cumin seeds

A serving suggestion

Sauteed Potatoes with Panch Phora

- Medium Potatoes cut into 1 cm thick slices
- Boil for 6 minutes or until tender
- Drain and pat dry
- Heat 2 Tbsp Olive Oil over high heat
- Add the potatoes and fry for about 3 minutes per side until lightly golden brown
- Sprinkle in 1 Tbsp of Panch Phora
- Add a knob of Butter
- Saute for 1-2 minutes tossing and turning the potatoes until golden brown and crisp

