

CUMIN

CUMINUM CYMINUM 5 ML



PRIMARY BENEFITS

- POPULAR SPICE USED IN MANY DISHES FROM AROUND THE WORLD.
- CUMIN HAS A POWERFUL AROMA AND ITS NUTTY, SPICY TASTE PACKS A POWERFUL PUNCH TO RECIPES.

PRODUCT DESCRIPTION

Cumin is a flowering plant in the Apiaceae family that grows up to one foot in height and is grown heavily in Mediterranean countries. Its seeds are contained within a fruit and are typically dried for use in many dishes around the world. The use of cumin seeds dates back to 2000 B.C. Cumin has a powerful aroma and its nutty, spicy taste packs a powerful punch to recipes, so only a small amount of Cumin essential oil is needed for cooking. Cumin can be added to a variety of dishes including stews, dips, curries, soups, and salsa.

USES

- Add 1 to 2 drops to stews, soups, and curries for a spicy flavour.

DIRECTIONS FOR USE

Diffusion: Use one to two drops in the diffuser of choice.

Food flavour use: Add 1 or 2 drops to food.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. Avoid contact with eyes, inner ears, and sensitive areas. If you are pregnant, nursing, or under a doctor's care, consult your physician.

PLANT PART: Seed

EXTRACTION METHOD: Steam distillation

AROMATIC DESCRIPTION: Warm, spicy, nutty

MAIN CHEMICAL COMPONENTS:

Cuminaldehyde, β -pinene, para-cymene, (Gamma)-terpinene

