

July's Spice is:

Nigella Seed

Nigella Sativa is a member of the buttercup family and is native to western Asia and southern Europe. The plant has wispy grey-green leaves with flowers that are about an inch across and are either blue or white with small blue veins.

Used in Jewish challah bread, German pumpernickel, Iranian barbari flat bread and numerous other regional staples. The small black grains have a rough surface and an oily white interior. They are often confused with onion seeds, but produce an herby aroma similar to carrots and oregano when rubbed. The flavor is bitter, peppery, slightly smoky with undertones of burned onions.