



## Asafoetida

Also known as Asafetida, Hing, Food of the Gods and, due to its foetid smell, Devils Dung. Asafoetida is the resin of a giant fennel plant. It is particularly strong, and contains sulphur compounds. Pure Food Essentials Asafoetida is compounded with organic, gluten-free arrowroot starch. Asafoetida is used as an alternative to onion and garlic, and for its ability to counter gas-producing foods like pulses and cauliflower. Has a long history in India, Iran and Afghanistan as a medicinal spice and is used in modern herbalism for its many health benefits.



- Derived from the resin in the root of the giant fennel plant (*Ferula assa foetida*).
- Also known as Asafetida, Hing, Food of the Gods and, due to its foetid smell, Devils Dung.
- It is grown only in Afghanistan, Iran and India where it is valued for its medicinal properties.
- The strong odour is due to sulphur compounds in its volatile oil.
- Our organic Asafoetida is compounded only with organic, gluten-free arrowroot starch.

### Cooking with Asafoetida

- Used in vegetarian food as an alternative to onion and garlic.
- The taste is bitter and acrid
- It is believed to help digestion and flatulence, which is why it is often used with gas-producing foods such as chickpeas and lentils and cauliflower.
- As it cooks, its strong smell mellows, and is replaced with the smell and flavours of onion and garlic.
- It's a useful spice for those who can't tolerate onion or garlic and the consequent gas and strong breath.
- It is used in about the proportion of a pinch or two to 250g of the main ingredient.
- The degree of pungency is directly related to its freshness. It is recommended to double-bag your asafoetida for storing so that its smell does not contaminate other foods.

## Health Benefits and Therapeutic Applications of Asafoetida

- Traditionally used for the treatment of diseases such as asthma, epilepsy, stomach-ache, flatulence, intestinal parasites, weak digestion and influenza.
- antioxidant, antiviral, antifungal, cancer chemopreventive, antidiabetic, antispasmodic, hypotensive, expectorant and stimulant.
- Also been used as a sedative.
- Thins the blood and lowers blood pressure.
- Used in modern herbalism in the treatment of hysteria, some nervous conditions, bronchitis, asthma and whooping cough, and to reduce flora in the gut.
- Might help treat irritable bowel syndrome (IBS)
- Might protect against high blood levels of certain fats
- Chemicals called coumarins in asafoetida can thin the blood.

## Blogs

Asafoetida- Onion and Garlic Intolerance? <https://www.purefoodessentials.com/site-map/articles/80-all-blog/blog-posts/186-asafoetida-onion-and-garlic-intolerance>

Calm the Winds <https://www.purefoodessentials.com/site-map/articles/80-all-blog/blog-posts/154-asafoetida-calm-the-winds>

About Asafoetida <https://www.purefoodessentials.com/site-map/articles/80-all-blog/blog-posts/153-asafoetida>

Don't Stop at Turmeric. Its Only One of the Medicinal Spices <https://www.purefoodessentials.com/site-map/articles/80-all-blog/blog-posts/264-don-t-stop-at-turmeric-it-s-only-one-of-the-medicinal-spices>

## Recipes

Tomato and Toor Dal Soup <https://www.purefoodessentials.com/site-map/articles/79-all-blog/recipes/185-tomato-and-toor-dal-soup>

Sag Aloo. Vegetables cooked in their own juices <https://www.purefoodessentials.com/site-map/articles/79-all-blog/recipes/184-sag-aloo-leafy-green-vegetables-cooked-in-their-own-juices>