

# A methodology for discovering Nigella sativa, international recipes and its benefits: cooking with Nigella sativa.

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## A methodology for discovering Nigella sativa, international recipes and its benefits : cooking with Nigella sativa

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### Abstract:

**Problem Statement** Nigella Sativa, a seed not well known in the U.S.A., has potential health benefits. Nigella Sativa is believed to be indigenous to the Mediterranean region but is cultivated in other parts of the world, including the Arabian Peninsula, Northern Africa and part of Asia. **Purpose and Rationale** The purpose of this creative project was to develop a cookbook, which contains Nigella Sativa in each dish and to share the knowledge of international foods. The cookbook also included a chapter about Nigella Sativa. **Inclusion** Inclusion in the project was determining acceptability of the seed by consumers. **Methodology** The author started with famous dishes from different countries to which she could add Nigella Sativa. Then she asked her family to help her find some dishes that originally included Nigella Sativa as one of the ingredients. Moreover, she searched on the internet for dishes that included ingredients that American people would readily find in markets. The author selected recipes that she thought would be delicious with Nigella Sativa added to them, such as pastry, soups, and salads. The next steps for the author were to professionally document and prepare these recipes. A questionnaire was developed for volunteer taste tasters to characterize appearance, taste, and overall acceptability of international recipes with and without Nigella Sativa. Ten recipes including salads, appetizers, main dishes, bread and desserts were prepared with and without Nigella Sativa. None of the recipes, were unacceptable in appearance. Participants' rating of taste acceptability identified five recipes containing Nigella Sativa higher than comparable recipes not containing Nigella Sativa; two recipes had a lower rating of taste acceptability. **Conclusion** The study has raised the awareness of consumers about the im-

of eating healthy foods such as those containing Nigella Sativa. The project itself reinforces the importance of healthy foods and introduces easy recipes, which makes it easy to adopt a healthy lifestyle through cooking to make dishes. In addition to the nutritional value of the study, it has a cultural value. The study has raised awareness of consumers of other cultures through introducing international dishes.

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