

KAMA KASTURI

My botanical name: Ocimum basilicum

My common name: Sweet Basil

My local names:

SANSKRIT - Munjariki, Surasa, Varvara

HINDI - Babui tulsi, Gulal tulsi, Kali tulsi, Marua, Falooda

MARATHI - Marva, Sabza

GUJARATI - Damaro, Nasabo, Sabza

TELUGU - Bhutulasi, Rudrajada, Vepudupachha

TAMIL - Tirnirupachai, Karpura tulasi

KANNADA - Kama kasturi, Sajjagida

ORIYA--Dhala tulasi, Kapur kanti

KASHMIR - Niazbo

PUNJAB - Furrunj-mushk, Baburi, Niyazbo, Panr



How do I look?

I am an erect, shiny herb and can grow up to 90 cm. high.

My leaves are oval to lance like with acute tips. Both the sides of the leaves are glossy. Entire plant is sweet smelling which is very intoxicating some times. Seeds are black and oval shaped. When in contact with water, it bloats and becomes sticky. Sweet basil possesses a clove-like scent with an aromatic, somewhat saline taste. The seeds of the plant are odourless with an oily, slightly pungent taste. When steeped in water, they liberate mucilage which is semi-transparent and nearly tasteless.

Where do you find me?

I am a native of Central Asia and North-West India, cultivated throughout India.

How do you grow me?

You can grow me by my seeds in the pot or in the gardens.

Best season is October-November in plains and in hills, March-April.



What do I yield?

I yield a volatile oil called Oil of Basil, used as a flavouring agent and also as perfume. Uses of oil: flavouring for confectionery, baked goods, sauces, ketchups, tomato pastes, pickles, vinegars, spiced meats, sausages and beverages. It is also used for scenting dental and oral preparations and in certain perfume compounds, notably jasmine blends, to impart strength and smoothness. Basil oil possesses insecticidal and insect repellent properties: it is effective against houseflies and mosquitoes. It is also bactericidal.



What are my Uses?

- I am considered as stomachic, anthelmintic, antipyretic, expectorant, carminative, stimulant.
- An infusion of the plant is given for joint pain and used as a gargle for foul breath.
- The juice of the leaves is used for earache and also for ringworm.
- Seeds possess cooling properties. Popularly used in sherbats, falooda (Ice creams).
- Seeds are also used in poultices for sores and sinuses.

FALOODA ICE CREAM RECIPE

Ingredients

- litre milk
- 200 ml vanilla ice cream
- 1 packet of rose syrup
- 1/2 cup almonds and pistachios
- 1 cup falooda sev or vermicelli
- 1/2 cup milk cream
- 2 tablespoons falooda seeds
- 2 teaspoon rose essence



- Simmer milk on low heat stirring all the time till the milk condenses.
 - Add rose essence and cool.
- Boil water, add vermicelli and simmer for 5 -10 minutes.
- Take out the vermicelli, strain with cold water and keep aside.
 - Soak falooda seeds in water for 2-3 hours.
 - Prepare rose syrup as per directions given on the pack.
 - In a tall sundae glasses put a spoon of rose concentrated syrup.
 - Put in few strands of vermicelli and dollop of falooda seeds.
 - Add a cup of sweetened milk.
 - Freeze in cubes or kulfi cups

