

GARHAM MASALA

Garham means 'warmth'



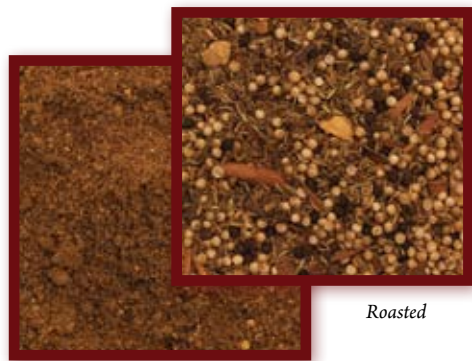
INGREDIENTS

8 tablespoons cumin seeds
7 tablespoons coriander seeds
6 tablespoons cardamom seeds
1 tablespoons black peppercorns
3 stick cinnamon, broken up
1 teaspoon whole cloves

2 tsp shaved mace
3 teaspoon sliced nutmeg

METHOD

Put all the ingredients into a heavy fry pan and brown over a medium heat, stirring constantly. This may take about five minutes. It is important that the heat is not too hot or the spices will burn. They will give off a sweet smoky smell when done. The spices should turn a few shades darker.



Grind all the spices. Keep in an air tight container in the fridge



TANDOORI MASALA

North Indian Treat

Place Holder

INGREDIENTS

1 Tbls black peppercorns
1 teaspoon whole cloves

4 Tbls cumin seeds
3 Tbls coriander seeds

METHOD

In a heavy pan dry roast the four ingredients at a medium heat. Start with the first two then when they start to smell good add the other two. Grind to a powder. Add the masala to tandoori paste p?????

XACUTI MASALA

The best

INGREDIENTS

1 cup desiccated coconut (not sweetened)
3 cinnamon quill broken up
12 star anise
20 green cardamom pods
10 black cardamom pods (opt)
25 black peppercorns

1 tsp mace pieces
12 cloves
1 tsp cumin seeds
1 teaspoon fennel seeds
1 Tbs poppy seeds



METHOD

Dry fry until brown the dry coconut in a heavy heavy fry pan on slow/med heat. Set aside. Break up the woody spices (cinnamon, star anise, & caardamom). Dry fry on a low to medium heat until they are beginning to brown, add peppercorns, mace pieces, cloves and brown a few minutes more, add cumin, fennel seeds, brown a few minutes more. Add poppy seeds and brown until they start to pop. Grind all the ingredients to powder. Sieve out any large woody bits



RAECHAD MASALA

Hot & spicy Goan fish paste

INGREDIENTS

5-10 hot dried red chillies
½ tsp cumin seeds
2 cinnamon stick, broken up
1 tsp cardamom pods
1 tsp cloves
1 Tbs black peppercorns
1Tbs tamarind paste

1 oil or ghee for frying
1 onion, peeled & roughly chopped
½ head garlic, peeled & chopped
2 Tbs fresh ginger, peeled & chopped
1 tsp salt
¼-½ cup cider or palm vinegar

METHOD

Grind all the first column spices. Fry onion, garlic & ginger until the onion are brown. Add salt then add ground spices. Little by little add the vinegar until you have a thick paste. Use this paste to marinate fish, pork or chicken