

SHICHIMI TOGARASHI SEASONING

F EASY

Last Modified: 12/05/2016

PREP: 5 Min
COOK: N/A

SEASONING-ASIAN

MAKES 5 TBSP

QUA	MEASURE	INGREDIENT	PROCESS
SEASONING MIX			
3	Tsp	Szechwan Peppercorns	
1/4	Sheet	Nori (Dried Seaweed)	Crushed
3	Tsp	Dried Tangerine Peel	
3	Tsp	Japanese Chili Powder (Ichimi Togarashi)	
1	Tsp	Black Sesame Seeds	Toasted
1	Tsp	Poppy Seeds	Toasted
2	Tsp	White Sesame Seeds	Toasted
PREPARATION			
FACTOID	This popular Japanese spice mixture translates as seven-flavor or seven-spice mix. It is sometimes also called Nanami Togarashi. It is used in the kitchen and as a table condiment to flavor Soups, Noodles and grilled meats. The aroma is of the Dried Tangerine Peel, with a hint of iodine from the Nori. The taste is somewhat dominated by the Ichimi Chili, but not overwhelmingly; and the texture is relatively coarse.		
HINTS	You can buy the hard to find Dried Tangerine Peel (albeit necessary) in the spice section in any market that carries the brand Spice Island. It is a bit pricey, though. It costs about \$7 for a 1 ounce bottle but it keeps for years.		
TOOLS	1) Small Non-Stick Skillet & Lid 2) Spice Grinder		
PREP	DISH 1) Using your fingers, crush the Seaweed and set it aside. 2) Toast the Seeds and set them aside.		
1	In a small dry skillet over medium heat, add in the Poppy Seeds, White, and Black Sesame Seeds. Cover and toast while shaking for 3 minutes.		
2	In a spice grinder, add in the Toasted Seeds, Peppercorns, Nori, Tangerine Peel and Chili Powder. Pulse until the mixture is coarsely ground (See Picture).		
NOTE	Sealed tightly in a small glass container, this Seasoning will last for several months when stored under cool, dark conditions.		