

# 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
<b>SEASONING MIX</b>			
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
<b>PREPARATION</b>			
<b>FACTOID</b>	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.		
<b>HINTS</b>	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.		
<b>TOOLS</b>	1) Small Non-Stick Skillet & Lid 2) Spice Grinder		
<b>PREP</b>	<b>DISH</b> 1) Using your fingers, crush the Seaweed and set it aside. 2) Toast the Seeds and set them aside.		
<b>1</b>	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.		
<b>2</b>	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).		
<b>NOTE</b>	Sealed tightly in a small glass container, this Seasoning will last for several months when stored under cool, dark conditions.		