

GARAM MASALA SEASONING

F EASY

Last Modified: 12/06/2016

PREP: 10 Min
COOK: 10 Min
STOVETOP

SEASONING-INDIAN

MAKES 1/2 CUP

QUA	MEASURE	INGREDIENT	PROCESS
SEASONING MIX			
2	Tbsp	Cumin Seeds	
2	Tbsp	Coriander Seeds	
2	Tbsp	Cardamom Seeds	
2	Tbsp	Black Peppercorns	
1	3 Inch	Cinnamon Stick	Crushed
1	Tsp	Whole Cloves	
1	Tsp	Grated Nutmeg	
1/2	Tsp	Saffron Threads	Optional

PREPARATION	
FACTOID	Used throughout North India in all types of dishes — from appetizers and soups to yogurt salad and main courses — this blend is indispensable to the Moghul and North Indian cuisines.
TOOLS	1) Small Mixing Bowl 2) Medium Non-Stick Skillet & Lid 3) Spice Grinder
PREP	DISH 1) Crush the Cinnamon Stick and set it aside.
1	Put the Cumin, Coriander, Cardamom, Peppercorns, Cinnamon, and Cloves in a dry non-stick skillet over medium high heat. Toast the spices, stirring occasionally, until they turn several shades darker and give off a sweet, smoky aroma, about 10 minutes. Do not raise the heat to quicken the process, or the Spices will brown prematurely, leaving the insides undercooked. Cool them completely.
2	Working in batches if necessary, transfer the mixture to a spice mill or coffee grinder and grind it into a powder. Stir in the Nutmeg and Saffron if using.
HINTS	Sealed tightly in a small glass container, this Seasoning will last for several months when stored under cool, dark conditions.

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