

RAS EL HANOUT SEASONING

F EASY

Last Modified: 12/06/2016

PREP: 10 Min
COOK: 10 Min
STOVETOP

SEASONING-MOROCCAN

MAKES 1/2 CUP

QUA	MEASURE	INGREDIENT	PROCESS
SEASONING MIX			
1	Tbsp	Allspice Berries	
1	Tbsp	Black Peppercorns	
1	Tbsp	Mace Blades	
SUBSTITUTE IF NECESSARY			
1	Tbsp	Ground Mace	
1	Tbsp	Cardamom Seeds	
1	Tsp	Saffron Threads	
2	Sticks	Cinnamon	Crushed
1	Whole	Nutmeg	Crushed
1	Tbsp	Ground Ginger	
2	Tsp	Ground Turmeric	

PREPARATION	
FACTOID	Ras El Hanout means "Head of the Market" in Arabic and is an everyday basic to the cuisines of Morocco, Tunisia and Algeria.
OPTION	Mace Blades are the membrane that surrounds a Nutmeg Nut. An acceptable substitute is 1 tablespoon of Ground Mace.
TOOLS	1) Small Mixing Bowl 2) Zip Lock Bag 3) Medium Non-Stick Skillet & Lid 4) Meat Tenderizing Hammer 5) Spice Grinder
PREP	See Step #1
1	Place the Nutmeg Nut and Cinnamon Sticks in a heavy zip lock bag. Crush them using a meat tenderizing hammer.
2	Combine the Allspice Berries, Black Peppercorns, Mace Blades, Cardamom Seeds (removed from their pods), Saffron (not packed), Crushed Cinnamon, and the Crushed Nutmeg. Toast them in a dry non-stick skillet over medium heat, shaking often, until the Spices are fragrant and lightly browned. Cool them completely and grind them in a clean spice grinder, then mix in the Ground Ginger and Turmeric.
HINTS	Sealed tightly in a small glass container, this Seasoning will last for several months when stored under cool, dark conditions.