



Garam Masala Mix

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Ingredients

- Coriander Seeds - 4 tbsp.
- Cumin - 2 tbsp.
- Black pepper - 1 tbsp.
- Nutmeg - 1
- Cinnamon - 3 pcs of 2 cm each
- Cardamom - 3 tbsp.
- Clove 1 tsp.

Instructions

This is a wonderful and fragrant spice to have handy. It can be used in meat, snacks, potatoes, soups and lots of other dishes. It is a great marinade as well.

Now that I think about it - these spices could be used in spicy desserts like spice muffins, pies or cake! It is very versatile in use and is a definite staple in a South Asian kitchen.

Not to mention the beautiful aroma that will fill your kitchen when you are dry roasting them!

This isn't the end all be all of a recipe! It's a recipe that I use most often in my kitchen. Other spices can be added or substituted. Different types of cumin, bay leaf, dry ginger, nigella...the choices are endless!

Garam Masala

Begin with whole spices. Careful when dry roasting, you just want the natural oils to

exude, over roasting can scorch and make it bitter...let your senses,
ahem...nose...guide you :)

1. Except for nutmeg, gently dry roast all of the spices. Make sure it's on a gentle heat and be patient, go slow so it roasts inside.

2. Take off heat and let it cool.

3. After cooling, take the seeds out of the cardamom and grind the seeds with the other spices.

A coffee grinder can be used, make sure it is clean and dry.

3. Grate the nutmeg and mix with the spices. Store in a dry air tight jar.

Its best used right away. It will keep for few months but will become less fragrant and may change in texture and form.

[Garam Masala on Wiki](#)

Garam masala, whose literal meaning is 'hot spice' (in the meaning of high temperature as opposed to spiciness), is a basic blend of ground spices to be used alone or with other seasonings. It is common in the Indian, Bangladeshi and Pakistani cuisines.

There are many variants and each one is formulated for a specific purpose. There are numerous ways in which Garam Masala is prepared in different regions of India. There is no way of determining which of them are more authentic than others.

Some recipes blend spices with herbs. Yet others grind the spices with water, vinegar or other liquids, such as coconut milk, to make a paste. In some recipes nuts, onion or garlic may be added. The flavours may be carefully blended to achieve a balanced effect, or in some cases a single flavour may be emphasized for special dishes where this is desired. Usually a masala is cooked before use to release its flavours and aromas.