

Garam Masala Powder

Makes: Approximately 2 1/2 cups

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Ingredients:

1/2 cup cumin seeds

1 cup coriander seeds

2 tablespoons whole cardamom

1 tablespoon clove

5 - 3" stick (0.65 ounce/18 grams) cinnamon – break into smaller pieces

1/2 cup loosely packed (0.15 ounce/4 grams) bay leaf

2 1/2 tablespoons black peppercorn

1 1/2 tablespoon star anise

Optional:

1 1/2 tablespoon mace

1/4 cup fennel seeds

1 tablespoon seeds from black cardamom – discard pod

1 tablespoon black onion seeds (also known as black cumin, Kalonji, Nigella sativa seed)

1 whole nutmeg – break into chunks

Directions:

1. Combine all spices except nutmeg in a large skillet.
2. Dry roast on very low heat for about 10 minutes or until fragrant while stirring to make sure that the spices don't burn.
3. Remove from heat, transfer to a plate and let it cool.
4. Using a spice grinder or coffee grinder, grind them into a fine powder.
5. Sieve through a fine mesh and keep the garam masala in an airtight container.

Note: This version is little mild but if you prefer a hotter Masala, add more black pepper. Some people also add dried red chilies in their garam masala.

If you have powerful grinder, you don't need to discard the pods of black cardamom, just grind them all together.

