

Garam Masala

I really do like to make my own spice mixes. I find that they are so fresh and the spices really come through. There are many combinations of spices from the different regions of India but I have found this one to my liking. Store any leftovers in an airtight container. Try to use within a month but if stored in a cool, dark place, it will keep a little longer.

Makes Approximately 1/3 Cup

2 tsp. green cardamom pods

Half a cinnamon stick

4 tsp. cumin seeds

4 tsp. coriander seeds

2 tsp. black peppercorns

1 ½ tsp. whole cloves

Lightly crush cardamom pods; reserve seeds & discard pods. Break cinnamon stick into several pieces. In a small skillet, over medium heat, toast the spices, stirring, until slightly darkened and fragrant; 1 to 2 minutes. Let cool. Grind in a spice grinder or a clean coffee grinder used only for that purpose, until fine. Place into an airtight container or as I do, clean spice bottles I have on hand.